

# ZOMBIE INVASION



Game by Megan Northcote

## LEARNING TARGETS:

- **Skill:** I will demonstrate safe behaviors and pacing.
- **Cognitive:** I will discuss responsibility during class discussions.
- **Physical Activity:** I will increase my heart rate during this activity.
- **SEL:** I will demonstrate responsibility by moving safely and with consideration for others.

**TARGET VOCABULARY:** Responsibility, Leader

**EQUIPMENT NEEDED:** Cones to create boundaries; 10 hula hoops; 5 items in each hoop (foam balls, bean bags); 1 flag belt per 2 students

**ORGANIZE SPACE:** Use cones to create a large activity area. Create a smaller circular area inside of the activity area to be the “graveyard” zone. Scatter hoops in the large area. Place 5 objects inside of each hoop.

**ORGANIZE STUDENTS:** Create 2 teams – 1 team wearing belts. The team with belts is the Zombie team and begins outside the perimeter of the activity area (safe zone). The team without belts is inside the activity area and is defending the “candy” inside of each hoop.



## PROCEDURES:

- **The Object:** The object of the game is for the Zombies to capture all of the candy inside each of the hoops.
- **The Process:** On the start signal, the Zombies can invade the activity area. They can only collect 1 piece of candy at a time and must make it outside of the activity area without getting their flag pulled. If a Zombie’s flag is pulled, candy is returned to the hoop and the Zombie must report to the graveyard.
- Zombies in the graveyard can be set free if a fellow Zombie can make it into the graveyard without having a flag pulled. All freed Zombies get a free pass back outside of the activity area perimeter.

## SELF-REGULATION DISCUSSION STARTERS:

- What is a leader? How can you demonstrate leadership in physical education class?
- What does “leading by example” mean?