

# MONSTER MASH



Game by Sara Phillips

## LEARNING TARGETS:

- **Skill:** I will throw foam balls using skill cues.
- **Cognitive:** I will discuss self-control during class discussions.
- **Physical Activity:** I will increase my heart rate during this activity.
- **SEL:** I will demonstrate self-control while competing and having fun.

**TARGET VOCABULARY:** Self-Control, Self-Regulation

**EQUIPMENT NEEDED:** 2 rows of folded mats; plastic pumpkins; halloween-themed stuffed animals; cones (covered with witches' hats); 1 foam ball per student

**ORGANIZE SPACE:** Use cones to divide the activity area in half. Set up a row of folded mats in the back of each activity area. Place objects (pumpkins, stuffed animals, etc.) on top of the row of mats.

**ORGANIZE STUDENTS:** Create 2 teams, each team assigned one side of the activity.

## PROCEDURES:

- **The Object:** The object of the game is throw foam balls to knock the “monsters” off of the other team’s row of mats.
- **The Process:** On the start signal, begin throwing at the monsters. You can defend your team’s monsters by using a ball to block an incoming throw. Once a monster is knocked down, you cannot pick it back up. We’ll keep playing until one team knocks off all monsters. Then, we’ll reset the game and play again.

## SELF-REGULATION DISCUSSION STARTERS:

- What is self-regulation? What does self-regulation look like in physical education class?
- What strategies can help us with emotional self-regulation?

