



PANCAKE FLIP

STUDENT TARGETS

- **Skill:** I will use correct form for an underhand toss from my paddle.
- **Cognitive:** I will focus my attention on the challenge in an effort to improve my team's score.
- **Fitness:** I will be actively engaged in this Minute to Win challenge.
- **Social/Emotional:** I will use positive and encouraging communication with my teammates.

EQUIPMENT & SET-UP

Equipment:

- 1 paddle per team of 3
- 1 beanbag per team
- 1 hula hoop per team
- 1 low profile cone per team
- 1-Minute Timer Music ([Spotify](#), [Apple](#))

Set-Up:

- Create teams of 3 players.
- Each team has a hoop on the ground, spaced 10-12 feet from a starting cone.
- One teammate is the tosser and stands by the starting cone with the paddle and bean bag.
- The second teammate is standing in the hula hoop waiting to catch the bean bag, and the third teammate is waiting in line behind the tosser.



ACTIVITY PROCEDURES

1. This activity is called Pancake Flip! The object of the game is to see how many times your team can toss and catch a bean bag from a paddle (flip the pancake!) in 1 minute.
2. Get ready with 1 teammate by the starting cone with the paddle and bean bag. The second teammate will stand in the hoop ready to catch the bean bag, and the third teammate will wait in line behind the tosser.
3. On the start signal, the first teammate will use the paddle to underhand toss the bean bag so that the teammate in the hoop can catch it with both feet still inside the hoop. The catcher will bring the bean bag back to the starting cone.
4. As soon as you're back at your starting cone, rotate positions and try again. The tosser becomes the catcher, the catcher will now wait in line, and the teammate who was waiting in line is now the tosser. This continues for the full 1 minute. Your goal is to successfully toss and catch as many times as possible before time expires. You get 1 point for each catch made with both feet inside the hoop!
5. *Repeat this challenge with students focused on improvement.*

GRADE LEVEL PROGRESSION

- **Grade 3:** Play the activity as described above.
- **Grades 4 & 5:** Increase the distance between the hoop and the tosser each time 5 consecutive catches are made by flipping the hoop one flip further away from the starting cone.

TEACHING CUES

- **Step with Opposite Foot:** Step to target with opposite foot. Toss underhand with tick-tock motion.
- **Transition Quickly:** The tosser and catcher focus on quickly moving into position after a toss.
- **Cooperate:** Communicate with positive language. Work together to continually improve.



PANCAKE FLIP (continued...)

UNIVERSAL DESIGN ADAPTATIONS

- **UDL 1:** Allow the object to be tossed without using the paddle.
- **UDL 2:** Change the distance between the tosser and the target.
- **UDL 3:** Remove the time challenge and focus on successful movement.

ACADEMIC LANGUAGE

Growth Mindset, Failure, Challenge

PRIORITY OUTCOMES

Personal Challenge:

- **(Grade 3)** Discusses the challenge that comes from learning new physical activities.
- **(Grade 4)** Rates the enjoyment of participating in challenging and mastered physical activities.
- **(Grade 5)** Expresses the enjoyment and challenge of participating in a favorite physical activity.

DEBRIEF QUESTIONS

Growth Mindset Question Set:

- **DOK 1:** What is a challenge? Can you give examples of a challenge that someone might face?
- **DOK 2:** How would you apply growth mindset to facing a challenge?
- **DOK 3:** Describe what someone might learn from facing a difficult challenge.

Teamwork Question Set:

- **DOK 1:** How did you demonstrate teamwork when you faced today's challenge?
- **DOK 2:** How would you summarize your entire team's performance today?
- **DOK 3:** How was teamwork related to that performance?