



Monster Mash

STUDENT TARGETS

- **Skill:** I will throw foam balls using skill cues.
- **Cognitive:** I will discuss self-regulation during the activity discussions.
- **Fitness:** I will increase my heart rate during this activity.
- **Social/Emotional:** I will demonstrate self-control while competing and having fun.

EQUIPMENT & SET-UP

Equipment:

- 2 rows of folded mats
- Plastic pumpkins and/or Halloween themed stuffed animals
- Cones (covered with witches hats)
- 1 foam ball per student

Set-Up:

- Create 2 teams, with each team being assigned one side of the activity area.
- 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 on top of the mats (pumpkins, stuffed animals, etc.)
- Each team is spread out on their side of the activity area.



ACTIVITY PROCEDURES

1. This activity is called Monster Mash! The object of the game is to throw foam balls to knock the monsters (e.g., pumpkins/stuffed animals) off of the other team's row of mats.
2. 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.
3. We will keep playing until one team knocks off all of the monsters, or until you hear the stop signal.
4. We will then reset the game and play again.

DEBRIEF QUESTIONS

- **DOK 1:** What is self-regulation? What does self-regulation look like in physical education class?
- **DOK 2:** What strategies can help us with emotional self-regulation?

PRIORITY OUTCOMES

Etiquette:

- **Grades K-2:** Exhibits the established protocols for class activities without reminders.
- **Grades 3-5:** Recognizes the role of rules and etiquette in physical activity with peers.