



Sleepy Hollow Race

STUDENT TARGETS

- **Skill:** I will maintain balance and control during the race.
- **Cognitive:** I will discuss ways to demonstrate safe behaviors with my classmates.
- **Fitness:** I will work to increase my heart rate during this activity.
- **Social/Emotional:** I will follow all safety rules during the race.

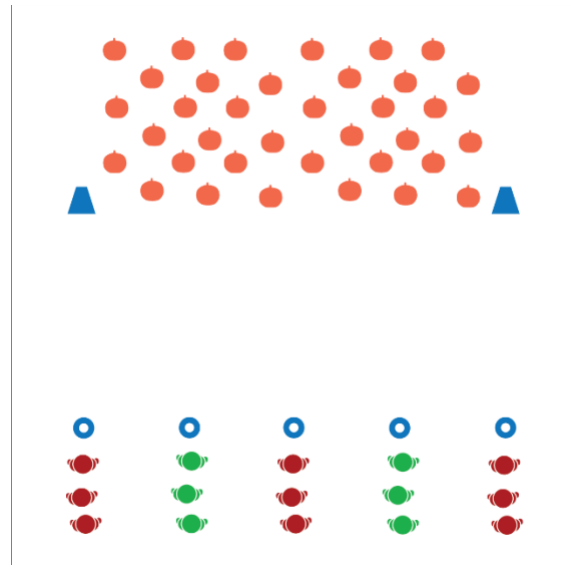
EQUIPMENT & SET-UP

Equipment:

- As many foam or playground balls as you have available, but least 2 per student (can substitute bean bags if necessary)
- 1 cone per group of 3-4 students
- 2 large cones
- 1 scooter per group of students (optional)

Set-Up:

- Create a line of starting cones along 1 side of the activity area.
- On the other side of the activity area, use 2 large cones to create a pumpkin patch zone.
- Create groups of 3-4 students, 1 group at each starting cone.



ACTIVITY PROCEDURES

1. This activity is called the Sleepy Hollow Race. You are all headless horse-people. The object is for your team to collect as many heads (playground balls) as possible from the pumpkin patch.
2. On the start signal, the first player will gallop (or ride the scooter) directly to the pumpkin patch, collect 1 pumpkin, then return to your team. Take turns in relay-race formation until all heads are collected.
3. Players waiting can play catch with 1 of the pumpkins your team collected while you wait for your turn.

DEBRIEF QUESTIONS

- **DOK 1:** How can you recognize safe behaviors in physical education?
- **DOK 2:** How do safe behaviors affect the amount of fun we can have in class?
- **DOK 3:** How would you describe scooter safety to a new member of our class?

PRIORITY OUTCOMES

Personal Responsibility and Safety:

- **Grades K-2:** Follows directions for safe participation and proper use of equipment without reminders.
- **Grades 3-5:** Exhibits responsible behavior in independent group situations.