



STUDENT TARGETS

- **Skill:** I will demonstrate proper form and attention to safety during each exercise.
- **Cognitive:** I will follow the instructions for each exercise in order to stay actively engaged.
- **Fitness:** I will work to keep moving and increase my heart rate during each exercise.
- **Social/Emotional:** I will exhibit personal responsibility during each exercise.

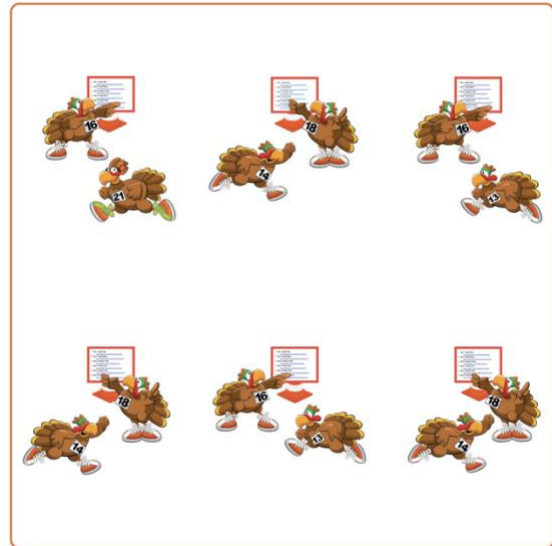
EQUIPMENT & SET-UP

Equipment:

- Thanksgiving Feast Station Cards (with Darebee.com links for each exercise)
- Interval music and music player (Interval Music: [Apple Music](#), [Spotify](#))

Set-Up:

- Review and demonstrate each Darebee.com exercise that mimics making a feast on Thanksgiving Day.
- Have students spread out in the activity space (use spot markers if needed to identify safe distance between students).



ACTIVITY PROCEDURES

1. This activity is called Thanksgiving Feast Stations! The object is to complete all of the interval stations for 30 seconds with 15 seconds of rest in between exercises.
2. *Teacher: Talk through and demonstrate each exercise from Darebee.com.*
3. When the music starts, begin completing the first Thanksgiving themed exercise for 30 seconds. We demonstrated each one earlier to help you remember the expectations and directions.
4. When the music stops, you will have 15 seconds of rest before the next exercise begins. Wait until the music begins again to start the new activity.

DEBRIEF QUESTIONS

- **DOK 1:** Why is it important for you to be respectful and work together with your classmates to share space?
- **DOK 2:** What are some of the ways you exhibited personal responsibility and/or self-control during the interval activities?

PRIORITY OUTCOMES

Working with Others:

- **Grades K-2:** Accepts responsibility for class protocols with personal and cooperative behavior as well as performance actions.
- **Grades 3-5:** Accepts, recognizes, and actively involves others with both higher and lower skill abilities into physical activities and group projects.