



## STUFF THE TURKEY

### STUDENT TARGETS

- **Skill:** I will use correct form for an underhand toss.
- **Cognitive:** I will discuss how a growth mindset can impact my team and lead to success.
- **Fitness:** I will be actively engaged during this activity in order to increase my heart rate.
- **Social/Emotional:** I will identify ways challenging and mastered activities can bring enjoyment.

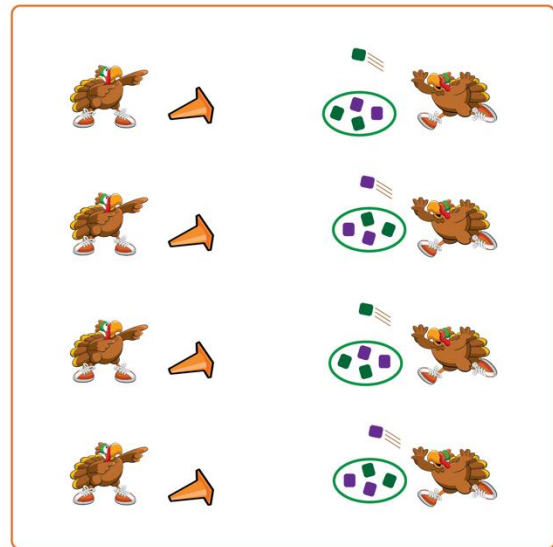
### EQUIPMENT & SET-UP

#### Equipment:

- 1 large game cone per team
- 5 to 10 Garden Heroes and/or beanbags per team
- 1 hoop per team

#### Set-Up:

- Create teams of 2 players.
- Each team has space with beanbags placed in a hoop and a cone 5 paces away from the hoop. The cone is lying on the ground with the cone opening facing the Tosser.
- One teammate is the Tosser and stands behind the hoop and beanbags.
- The other teammate will be standing next to the cone to collect any bean bags that do not land inside the cone.



### ACTIVITY PROCEDURES

1. This activity is called Stuff the Turkey! The object of the game is for each team to “Stuff the Turkey” by tossing the fruits and vegetables (bean bags) into the cone.
2. When the music starts, The Tosser will underhand toss one bean bag from the hoop trying to get it to land inside the cone. Tosser will quickly pick up another beanbag and continue until all of the beanbags have been tossed. The teammate next to the cone will count out loud how many bean bags went into the cone to keep track of the score. Your team gets 1 point for each bean bag that landed inside the cone.
3. Once the Tosser has thrown all of the bean bags and the points are counted, you will trade roles.
4. When the music stops, teams will add up all of their points to see which team has the most.

### DEBRIEF QUESTIONS

- **DOK 1:** What are some words that you can think of that are related to growth mindset?
- **DOK 2:** How does growth mindset affect how well you work with a team?
- **DOK 3:** How can you apply growth mindset to other areas of your life?

### PRIORITY OUTCOMES

#### Personal Challenge:

- **Grades K-2:** Recognizes that challenges can lead to success.
- **Grades 3-5:** Rates the enjoyment of participating in challenging and mastered physical activities.
- **Grades 6-8:** Recognizes individual challenges and copes in a positive way, such as extending effort, asking for help/feedback, and/or modifying the tasks.