



## SPACE RACE

### STUDENT TARGETS

- **Skill:** I will use different locomotor movements to travel around the running loop.
- **Cognitive:** I will listen to the instructions and move quickly and safely to a hoop on the signal.
- **Fitness:** I will participate in physical education at a level that increases my heart rate and improves my health.
- **Personal & Social Responsibility:** I will move safely around the activity area, staying in control of my movement and watching out for my classmates.

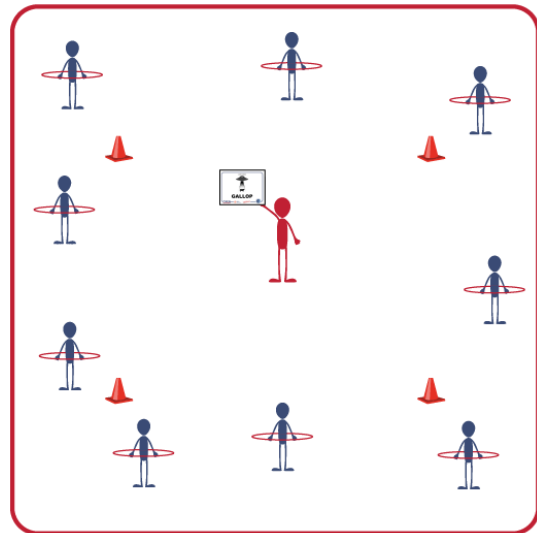
### EQUIPMENT & SET-UP

#### Equipment:

- 4 to 16 cones to create a running loop/track
- Printable Space Race Cards
- 1 hoop per student
- Music and music player (with 30 second music intervals)

#### Set-Up:

- Use cones and task tents to set up a medium-sized running loop in the activity area.
- Teacher has Space Race Cards ready to display.
- Scatter students around the running loop, each student with a hoop.



### ACTIVITY PROCEDURES

1. It's time for a fun Space Race! The object is to move safely around our space orbit loop while staying inside of your spaceship (hoop). Listen closely for space race challenges. I will give you your first space race challenge before the music starts.
2. When the music starts, start moving around the loop performing your first space race challenge. Continue moving in this way until the music stops.
3. When the music stops, it's time to charge up our spaceship with solar power. Hold your hoop above your head as you walk around the loop. Before the music starts again, I'll give you the next space race challenge.
4. We'll continue with all of our challenges and repeat our favorites.

### GRADE LEVEL PROGRESSION

- **K:** Begin teaching this activity with students walking in their hoops and learning how to start and stop on the music.
- **1:** Introduce all space race challenges.
- **2:** Challenge students by having them create their own space race challenges.

### TEACHING CUES

- **Cue 1:** Keep ears and eyes active. Stay aware of classmates as you move through space.
- **Cue 2:** Control your hoop as you also control your movement through space.
- **Cue 3:** Keep your balance by moving at a controlled speed.



**SPACE RACE** (continued...)

**UNIVERSAL DESIGN FOR LEARNING**

- **UDL 1:** Create variations of spaceships. For example, students who have difficulty traveling with a hoop could carry flying discs.
- **UDL 2:** If needed, modify the locomotor movements to match the skills and talents of your students.
- **UDL 3:** Use brightly colored cones and markers to create the running loop.

**ACADEMIC LANGUAGE**

Challenge, Control, Gallop, Leap, March, Side Slide, Skip

**PRIORITY OUTCOMES**

**Fitness Programming:**

- **(K)** Participates in physical activity in active school programming environments (PE, Recess, Activity Breaks).
- **(1)** Participates in physical activity outside of the school environment.
- **(2)** Participates in physical activities that contribute to fitness.

**Personal Responsibility & Safety**

- **(K)** Follows directions for safe participation and proper use of equipment with minimal reminders.
- **(1)** Follows directions for safe participation and proper use of equipment without reminders.
- **(2)** Works independently and safely in physical education.

**DEBRIEF QUESTIONS**

- **DOK 1:** Was today's Space Race fun? Let's list other physical activities that are fun.
- **DOK 2:** What do you notice about your mood and how your body feels when you're moving, playing and having fun during a physically active game?
- **DOK 3:** How do you think that physical activity makes your life better?
- **DOK 4:** Let's make a plan for inviting a friend or family member to be physically active with us. What are some things you could say to convince them to play a physically active game with you?