

SLAP 21

STUDENT TARGETS

- **Skill:** I will demonstrate verbal communication skills and active listening throughout the activity.
- **Cognitive:** I will describe how making connections with classmates can have a positive impact on your school community as a whole.
- **Fitness:** I will remain actively engaged throughout the activity.
- **Personal & Social Responsibility:** I will be respectful of my teammates during this activity.

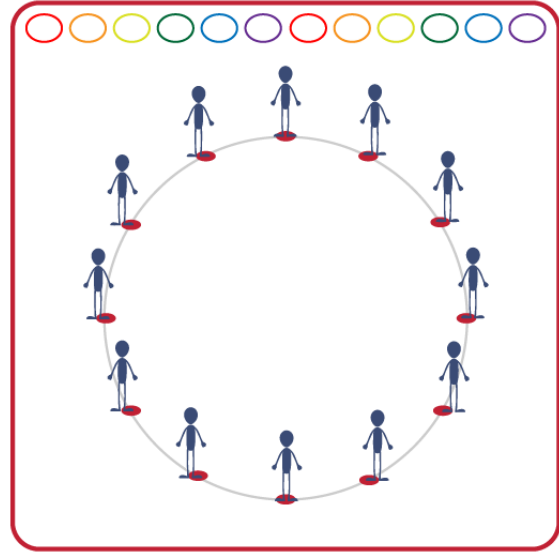
EQUIPMENT & SET-UP

Equipment:

- 1 small cone or spot marker for each student
- Adventure Learning Core Values Card

Set-Up:

- Set up area with small cones or spot markers in a large “Connection Circle.”
- Each student begins by a cone/spot marker.



ACTIVITY PROCEDURES

1. This Mental Health activity is called *Slap 21*. The object is to use quick thinking and strategy to be the first partner to land a hand slap on the number 21.
2. On the start signal, you will travel around the connection circle and find a partner. You will greet each other with a handshake, fist bump, or high 5 to reinforce the core values of adventure learning. You will then begin the first round of the game. Each partner will begin facing each other with both hands in front of them and their palms facing up. Play Rock, Paper, Scissors to determine who goes first.
3. Partners will take turns gently and respectfully slapping the other partner’s palms with either one or both hands each turn. Each slap is counted out loud as the group alternates gentle hand slaps until they get to the number 21. If there is a tie, play again until a winner is determined.
4. Each partner will then move through the connection circle and find a new classmate to play with after each round. But remember to keep track of your number of wins.
5. On the stop signal, we will determine who had the largest number of wins.

GRADE LEVEL PROGRESSION

- **Grade 3:** Play the activity as described above.
- **Grades 4 & 5:** Partners must count in multiples of 3 (e.g., 3, 6, 9, 12, etc.) to get to 21 instead of beginning with the number 1.

TEACHING CUES

- **Cue 1:** Begin each new connection with a handshake, fist bump, or high five.
- **Cue 2:** Connect with as many classmates as possible.
- **Cue 3:** Apply the 5 Adventure Learning Core Values throughout the activity.

SLAP 21 (continued...)

UNIVERSAL DESIGN ADAPTATIONS

- **UDL 1:** Allow students to work with a partner if needed.
- **UDL 2:** Utilize visual demonstrations by students as needed.
- **UDL 3:** Provide modified movements or assistive technology as needed to ensure the activity is inclusive for all.

ACADEMIC LANGUAGE

Responsibility, Honesty, Respect, Connection

PRIORITY OUTCOMES

Social Interaction:

- **(Grade 3)** Describes the positive social interactions that come when engaged with others in physical activity.
- **(Grade 4)** Describes and compares positive social interactions when engaged in partner, small group, and large group physical activities.
- **(Grade 5)** Describes the social benefits gained from participating in physical activity.

DEBRIEF QUESTIONS

- **DOK 1:** Provide an example of how you demonstrated one of the 5 Adventure Learning Core Values during the activity.
- **DOK 2:** We were trying to make as many connections with classmates as possible during this activity. Why do you think it is important to make connections with your classmates?
- **DOK 3:** How can the connections you make during physical education have a positive impact on your school community as a whole?