

CHARIOT RACE

STUDENT TARGETS

- Skill: I will safely pace my movements to match my teammates.
- Cognitive: I will find opportunities to praise the performance of my teammates.
- Fitness: I will be actively engaged in this Game Day challenge.
- Personal & Social Responsibility: I will accept all my teammates and praise their effort and contributions to our team.

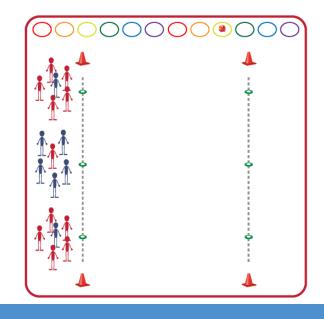
EQUIPMENT & SET-UP

Equipment:

- 2 low-profile cones per group of 6–10 students
- 1 partner parachute and 1 foam ball per group

Set-Up:

- Use low-profile cones to create 2 parallel lines on opposite sides of the activity area.
- Create equal groups of 6–10 students.
- Each group starts behind their own cone, facing the cone on the other side of the area.



ACTIVITY PROCEDURES

- 1. This Community Connection activity is called *Chariot Race*. The object of the game is for each team to take their chariot around the cone on the opposite side of the activity area and back to the starting line.
- 2. On the start signal, each team will form a circle around the first person in line. Hold hands (or lock elbows) to keep the circle together. Then start walking as a group around the opposite cone and back to the starting line as quickly and safely as possible.
- 3. As soon as you're back to the starting line, change riders and quickly cross the activity area again. Continue changing riders until everyone has had a turn.
- 4. Now that you're really good at working together to race your chariots, we'll begin our balance races. On the start signal, your group will use a partner parachute to balance a foam ball while moving around the opposite cone and back to the starting line. Your team gets one point for each successful race to the opposite cone and back.
- 5. See how many points your team can earn before you hear the stop signal.

GRADE LEVEL PROGRESSION

- Grade 3: Play the activity as described above.
- Grades 4 & 5: Add fitness and challenges like bear walks, crab walk, soccer dribbles, etc.

TEACHING CUES

- Cue 1: Move together and stay together as a group.
- **Cue 2:** Praise your teammates for their effort.
- Cue 3: Keep a positive attitude.







CHARIOT RACE (continued...)

UNIVERSAL DESIGN ADAPTATIONS

- UDL 1: Allow students to have a peer partner as they move if needed.
- UDL 2: Utilize visual demonstrations by students as needed.
- UDL 3: Provide modified movements to ensure the activity is inclusive for all.

ACADEMIC LANGUAGE

Cooperation, Challenge, Enjoyment

PRIORITY OUTCOMES

Working with Others:

- (Grade 3) Works cooperatively with others. •
- (Grade 4) Accepts players of all skill levels into the physical activity.
- (Grade 5) Accepts, recognizes, and actively involves others with both higher and lower skill abilities into physical activities and group projects.

DEBRIEF QUESTIONS

- **DOK 1:** How can you recognize good effort and good performance? •
- DOK 2: How would you praise good effort? How would you praise good performance? •
- **DOK 3:** How is praise related to feeling accepted by your teammates? •



