



FROSTBITE TAG

STUDENT TARGETS

- **Skill:** I will increase my heart rate to improve my fitness.
- **Cognitive:** I will describe what cardiorespiratory endurance is.
- **Fitness:** I will stay actively engaged throughout activity.
- **Personal & Social Responsibility:** I will work safely with my partner using positive language.

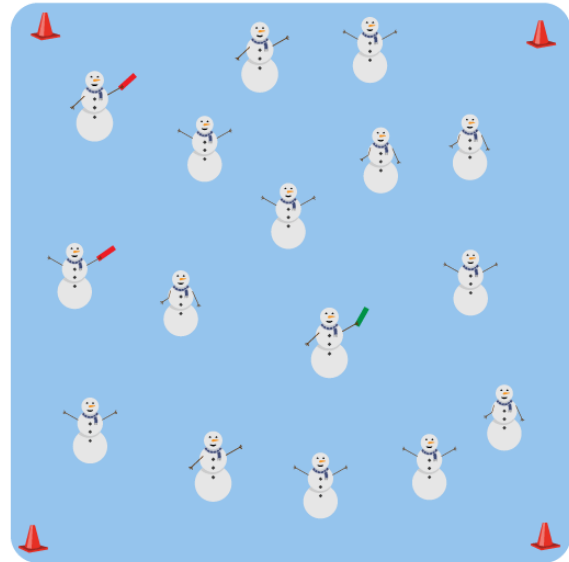
EQUIPMENT & SET-UP

Equipment:

- 4 cones to create boundaries
- 2-3 noodles to identify taggers

Set-Up:

- Create a large playing area using the 4 cones.
- Scatter students in the activity area.
- Identify 2-3 taggers by giving them noodles.



ACTIVITY PROCEDURES

1. Frostbite occurs when our skin isn't covered in cold winter weather. Frostbite can cause damage to your skin. That's why it's important to dress appropriately in cold weather.
2. This activity is called Frostbite Tag.
3. On the start signal we will begin at a speed-walking pace. Taggers will do 10 jumping jacks to give you time to move away. The taggers are "frostbite" looking for students with exposed skin on a cold winter day.
4. If you're tagged, stop moving and act like you're freezing cold. You are frozen until a classmate comes up to you, wraps an imaginary blanket around you, and then gives you a double high five to increase blood flow to your frozen hands.
5. Activity will continue until you hear the stop signal.
6. We will then choose new taggers before we play again.

GRADE LEVEL PROGRESSION

- **Grades K-2:** Play as described above.
- **Grades 3-5:** Use different locomotor movements such as skipping or jogging when the music begins. Announce a different locomotor movement each time a new round of the game begins.

TEACHING CUES

- **Cue 1:** Communicate with your classmates using positive language.
- **Cue 2:** Move with control while chasing or fleeing from your classmates.
- **Cue 3:** Be aware of your surroundings to help keep everyone safe while moving. This includes looking where you are going in order to not bump into your classmates.



FROSTBITE TAG (continued...)

UNIVERSAL DESIGN FOR LEARNING

- **UDL 1:** Allow students to modify any of the locomotor movements as needed.
- **UDL 2:** Decrease the size of the activity space if needed.
- **UDL 3:** Use peer partners as needed.
- **UDL 4:** Provide verbal cues and visual demonstrations.

ACADEMIC LANGUAGE

Communication, Cardiorespiratory Endurance, Fitness

PRIORITY OUTCOMES

Fitness Knowledge:

- Recognizes that when you move fast, your heart beats faster and you breathe faster.
- Identifies physical activities that contribute to fitness.

DEBRIEF QUESTIONS

- **DOK 1:** Describe what cardiorespiratory endurance is.
- **DOK 2:** What happened to your breathing as you moved faster during the tag game? Why?
- **DOK 3:** What are some other physical activities that could help improve your cardiorespiratory endurance?