

Consult 4 Kids Lesson Plans

Component:	Fun Friday
Grade Level:	K-5 Grades
Lesson Title:	Amazing Fitness Race
Focus:	Cardio Vascular, Fun

Materials:

15 jump ropes	15 hula hoops
4 basketballs	20 orange cones
10 softballs (or balls of equal size)	Water
1 index card per group (12 groups)	5 Buckets
Stop watch	Megaphone

Opening and Directions

Welcome students. Let them know that today they will be competing in the Amazing Fitness Race. Students will be divided into groups with other grades to compete in 12 different challenges. The best part? You get two chances to get your best score.

* It's important to let students know a few days in advance that they will need to wear tennis shoes for the upcoming Fun Friday.

Activity Set Up

This themed Fun Friday will require 12 stations to be set up outside on the playground and field. One station will require a basketball court. Please, view all stations to pick ideal locations for each activity. Place an orange cone at each station with a number (1-12) taped around it so that groups know which station to be at. Have a frontline staff or volunteer at each station to oversee the activities. Station 8 (Relay Challenge) will go for 2 rotations, 6 minutes total. This station can be set up on the outside of the play area. An example map will be added below the lesson plan for your reference.

*To make things easier, you can attach a small map on the back of the index card given to each group.

You will also need to have one Program Leader in charge of each group and one person to lead the whole event using a megaphone. You could also play music during the rotation and using the stopping of the music and a signal to stop and rotate.

Activities

Warm Up / Breaking Off Into Groups

Dynamic Stretches

Begin by having students stand arm length away from each other. This will promote safety. Demonstrate each of the following stretches for the students and have them do each one for 15 second.

Right Arm Circles , Left Arm Circles

Knee Circles (Have students place their hands on their knees with feet together while circling their knees)

Jumping Jacks

Jump Rope

Knee Highs

Neck Rotations (Left, Center, Right)

Across the Body Arm Stretch (Right), Across the Body Arm Stretch (Left)

It is important to stretch before being physically active. Nice dynamic stretching can lower the risk of injury. Warming up the body allows for the body to be more flexible and sustainable to active movement. This will need to be conveyed to the students.

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Grouping Students

Since there are twelve stations, you can group students into 12 or 24 groups, depending on program size. One station (8) will last 2 turns. Below are the outlined rotations, 13 total. Fill them in as you like. Each rotation will be 3 minutes long with 2 minutes in between each one for recovery and travel to next station. It will take 65 minutes to complete all 12 stations. The race will happen twice, for a total of 140 minutes, with 10 minutes in between races.

	1	2	3	4	5	6	7	8	8	9	10	11	12
Group 1													
Group 2													
Group 3													
Group 4													
Group 5													
Group 6													
Group 7													
Group 8													
Group 9													
Group 10													
Group 11													
Group 12													

Stations

Station 1 - 30 jump ropes

- Each student will jump rope 30 times. The amount of students who finish jump roping 30 times before the 3 minutes is up, get 1 point per student.

Station 2 - 5 pushups (straight or bent at the knee)

- Each student will do 5 pushups. The amount of students who finish their 5 pushups before the 3 minutes is up, get 1 point per student.

Station 3 - 1 free throw shot

- Each student will get 3 attempts to make a free throw. Students will go one at a time. For each free throw made (1 per student) the team will get a point.

Station 4 - bucket toss

- Each student will get 1 attempt to toss a softball into one of 5 buckets. Once students have made a ball in each of the bucket, the team will get 7 points. Once the 5 have been made, clear the balls out and continue the same routine until the 3 minutes is up. * Have older students stand further away. Have buckets placed next to each other or in a circle where the edges touch.

Station 5 - Cardio Challenge: Punches

- Each student will participate in the cardio challenge. Students will stand shoulder width apart and sit into a light squat. Tightening their abs, students will punch left, right in

Station 6 - 10 burpees

- Each student will do 10 burpees. The amount of students who finish doing 10 burpees before the 3 minutes is up, get 1 point per student. Instructions on how to do a burpee can be

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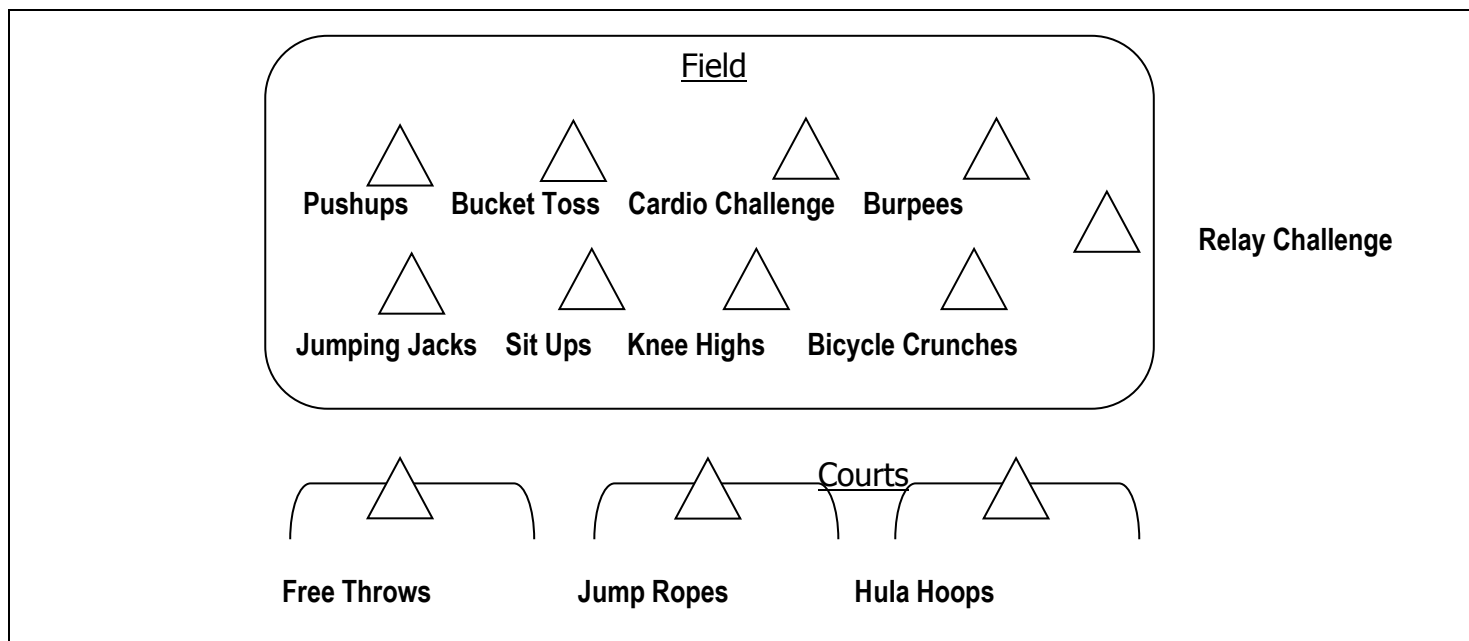
<p>front of them for the full 3 minutes. Each student who completes the cardio challenge gets 5 points for their team.</p>	<p>found here: http://www.bodyrock.tv/2011/05/03/burpees-are-forever-and-ever/</p>
<p>Station 7 - 25 jumping jacks</p> <p>- Each student will do 25 jumping jacks. The amount of students who finish doing 25 jumping jacks before the 3 minutes is up, get 1 point per student.</p>	<p>Station 8 - Relay Challenge (2 rotations - Total of 6 mins.)</p> <p>There are 8 spots in the relay where the baton will be passed. 8 students will need to participate. If time allows, the relay can be done again. For each completed lap, teams will get 10 points.</p>
<p>Station 9 - Hula Hoop Challenge</p> <p>- Each student will participate in the cardio challenge. Each student who continues to hula hoop during the entire 3 minutes without letting it drop gets 4 points for their team.</p>	<p>Station 10 - 15 sit ups</p> <p>- Each student will do 15 sit ups. The students who finish doing 15 sit ups before the 3 minutes is up, gets 1 point for their team.</p>
<p>Station 11 - 40 knee highs</p> <p>- Each student will do 40 knee highs. The amount of students who finish doing 40 knee highs before the 3 minutes is up, get 1 point per student.</p>	<p>Station 12 - 15 Bicycle Crunches</p> <p>- Each student will do 15 bicycle crunches. The amount of students who finish doing 15 bicycle crunches before the 3 minutes is up, get 1 point per student.</p> <p>Lie flat on the floor with your lower back pressed to the ground and contract your core muscles. With your hands gently holding your head, lift your knees to about a 45-degree angle. Slowly, at first, go through a bicycle pedal motion. Alternately touching your elbows to the opposite knees as you twist back and forth. Inhale as you go down and exhale as you come up.</p>

Index Card Template

Stations	Race One	Race Two
Station 1 - 30 jump ropes		
Station 2 - 5 pushups		
Station 3 - free throw		
Station 4 - bucket toss		
Station 5 - cardio challenge		
Station 6 - 10 burpees		
Station 7 - 25 jumping jacks		
Station 8 - relay challenge		
Station 9 - hula hoop challenge		
Station 10 - 15 sit ups		
Station 11 - 40 knee highs		
Station 12 - 15 bicycle crunches		

Example Play Area

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Closing

Clean up

- Invite the last group of students at an activity to help clean up and return the items for storage.
- Ask students what they will need to do to be sure to leave the area in better shape than when you got there.
- Thank students for their help when area is cleaned up.

Four Step Debrief

This strategy has four steps, each one designed to help the student “connect the dots” between the activities, the learning, and how that learning may be used in their everyday life both immediately and in the future.

Step 1: Describe: Student(s) describe what they did during the activity.

Step 2: Interpret: Students answer one, some or all of the following questions:

What were your key learnings when you participated in this activity? What skills did you need to utilize to participate in this activity? How did you feel when participating in this activity?

Step 3: Generalize: How can you use the skills or your key learnings in your life?

Step 4: Apply: How can you use the skills or your key learnings in your work?

Reflection (Confirm, Tweak, Aha!)

- Ask students to think about what they did today in math.
- Ask them to comment on what they did today was something they already knew how to do. (Confirmation)
- Ask them to comment on what they did today that was like something they had done before except in one particular way which was new to them. (Tweak)
- Ask them to comment on something (if anything) they have learned today that was brand new to them. (Aha!)

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Component:	Fun Friday
Grade Level:	K-5 Grades
Lesson Title:	Collage II
Focus:	Student Choice, Team Work, Fun

Materials:

Games: Checkers, Chess, Old Maid, Bingo, Sorry, Monopoly, Connect 4, Mancala, etc.

Arts and Crafts: Straws, Tempra Paint, Paper

Cooking: Bananas, Peanut Butter, Cereal

Mini Sports: Balloons (3-5 per student in program), yarn

Sports: Soccer ball, Cones

Visual and Performing Arts: 25 3 x 5 cards with one popular TV show for kids on each of the card

Opening

State the objective

The purpose of Fun Friday is to allow students to choose activities of interest to them and to focus on fun

Preview of activities

- Bring all students to the multipurpose room or snack area
- Review all of the activities that are going to be offered today during Fun Friday (have the leaders share this so students will know both what and who)
- Remind students that there will be 2 rotations—they will be able to choose 2 different things to do today
- Remind them that they will return to this spot at the end of the first activity to select activity #2
- Check to see if there are any questions

Fun Friday Activities

Schedule

Students should be allowed to self-select two activities, one for each period. (Daily schedule: opening, Activity #1, reconvene students and have them make a second choice for Activity 2.) Bring them back together at the end so they return to the program leader for theme and closing

Offer activities in the following categories (note you may only offer the number of categories as you have staff to lead)

- **Board or Card Games**
- **Arts and Crafts**
- **Cooking**
- **Mini Sports**
- **Conventional Sports**
- **Music, Performing Arts, and Art**

Fun Friday Activities

Board or Card Games

Choice of Checkers, Chess, Old Maid, Bingo, Sorry, Monopoly, Connect Four and any other board game

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Arts and Crafts

Straw Painting

Materials: Straws, tempera paint, paper.

Child places a few drops of paint on the paper and blows the paint around through a straw. child then adds a second color (continues until the picture is complete.)

Cooking

Banana Boats

Recipe: Banana, peanut butter, cereal.

Cut banana in ½ lengthwise. Cover with peanut butter and cereal, put top back on. Cut into bite-size chunks and eat.

If there is time after cooking and cleaning up and of course eating what the students made, look at the food pyramid and determine which categories of the pyramid the snack is made of.

Mini Sports

Balloon Stomp

2-3 balloons for each child participating, yarn to tie balloon to the child's ankles, leaving at least 1 foot between the ankle and the balloon.

When you say "GO", everyone runs around trying to stomp on and break each other's balloons.

Traditional Sports

Soccer

Performing Arts

Charades

Make a list of TV shows that students enjoy watching and put one name on each 3" x 5" card. Divide the students into 2 teams. One at a time, a team member comes up and draws a card with a TV show on it and pantomimes until his/her team guesses the name of the show.

Closing

Clean up

- Invite the last group of students at an activity to help clean up and return the items for storage.
- Ask students what they will need to do to be sure to leave the area in better shape than when you got there.
- Thank students for their help when area is cleaned up.

Debrief

Liked Best, Next Time (LBNT): In this simple debrief, students talk about the activity or the day and share what they enjoyed most and/or what else they would have liked to have done, or what they would have liked to have spent more time on. LBNT allows students to express an opinion about the activity.

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Component:	Fun Friday
Grade Level:	K-5 Grades
Lesson Title:	Hero Game Show
Focus:	Team Work and Fun

Materials:

- Hero Games Show
 - Game board (See below)
 - Buzzer: 4 - 8 tap lights (depending on program size)
 - 4 - 8 hula hoops
- Hero Filler
 - Hero movie of your choice (Rated G or PG with parent consent)

Opening

Now that students have received a snack and are chilling out, it's time to revel an **AWESOME FUN FRIDAY!** Getting the students excited will set the tone for the day and help them remain engaged. The Special Fun Friday is "Hero Game Show!" We will be competition to see which group knows the most about heroes and how to spot them.

Set Up

Program will be broken down into 4 groups. If you have a program larger than 80 students, break it down into 8 groups. There are 4 teams per game show. During each round, groups can send up to 5 people to compete in the round. Each students must participate before letting students participate a second time. Answer questions about Heroes to win points. Each question is worth 100 to 500 points. In order to answer the question, the student must complete a challenge in order to tab the buzzer.

The game show clue card will need to be placed on a board. Clue Cards will need to be created using the clues and answers listed below in the lesson plan. Example Board

Cartoon Heroes	100	200	300	400	500
Armed Heroes	100	200	300	400	500
Super Heroes	100	200	300	400	500
Everyday Heroes	100	200	300	400	500

Points will need to be tracked as well. This can be done on a railroad poster board. Place where all students can see it. Example point tracker:

Round	1	2	3	4
Group A				
Group B				
Group C				

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Group D				
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Heroes Game Show

Instructions:

1. Once students have been divided into 4 groups, let them pick a group name. Let each group come up and share their group name.
2. Explain the directions of the quiz show to the students. Demonstrate for them.
 - a. Each group will send up 5 - 6 students per round.
 - b. To see who goes first in each round, we will roll two dice. The group with the highest number gets to choose a clue card first.
 - c. Each round has a different category. The categories are Cartoon Heroes, Armed Heroes, Super Heroes and Everyday Heroes.
 - d. There are different points per clue card. The higher number of points, the harder the clues.
 - e. The first group, who won the dice roll, will choose a clue card. Game show host will read it aloud for everyone.
 - f. Talk within your group to come up with the answer. Once you know that answer, send one person to tap your buzzer. But how you get there will be the challenge. You may have to crawl, walk backwards or even hula hoop to it. The first person to tap their buzzer gets a chance to answer.
 - g. If they get it right, they will receive the points and get to choose the next clue card. If they get it wrong, the person who tapped their buzzer second gets a chance to answer the question. They would receive the points and get to choose the next clue card.
 - h. Once the round is over, groups will send up their next 5-6 members. The game will continue until all clue cards are used.
 - i. Please do not shout out the answers! You group can lose points. 5 points for the first time, 15 points for the second time and 30 for the third time.

Game Show Clues and Answer

	100	200	300	400	500
Cartoon Heroes	Clues 1. Omintrix 2. I use a special device 3. I can change into 10 different alien life-forms. Answer: Ben 10	Clues 1. We are always on an adventure 2. I'm a human and he's a dog 3. We make sure the Ice King doesn't steal a princess. Answer: Lynn and Jake - Adventure Time	Clues 1. I save the world all the time 2. I have unbelievable strength and power. 3. I am a Sayian. Answer: Goku - Dragon Ball Z	Clues 1. We are super fans 2. We live in Galaxy Hills 3. We look and act like Super heroes Answer: Fanboy and Chum Chum	Clues 1. We're a family 2. We have special abilities 3. Have secret identities Answer: The Incredibles

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Armed Heroes	<p>Clues</p> <ol style="list-style-type: none"> 1. I'm out on the front lines 2. I joined to be part of ONE 3. I had to train in a boot camp <p>Answer: Solider / Army</p>	<p>Clues</p> <ol style="list-style-type: none"> 1. I'm out on the water 2. I can command a fleet 3. I also wear a blue or white uniform. <p>Answer: Navy / Sailor</p>	<p>Clues</p> <ol style="list-style-type: none"> 1. I am the first to go out 2. I wear a black uniform with red detail. 3. My motto is "Semper Fidelis" <p>Answer: Marine</p>	<p>Clues</p> <ol style="list-style-type: none"> 1. I fight only when called upon 2. I live my life at home most of the time. 3. I go through the same training as everyone else. <p>Answer: Army / Navy Reserve</p>	<p>Clues</p> <ol style="list-style-type: none"> 1. The sky is our limit 2. The things we do are not science fiction. 3. I am in the Aviation family <p>Answer: Air Force</p>
Super Heroes	<p>Clues</p> <ol style="list-style-type: none"> 1. I'm actually an Alien 2. I disguise myself as Clark Kent 3. I have a big S on my chest <p>Answer: Superman</p>	<p>Clues</p> <ol style="list-style-type: none"> 1. I like people knowing I am a hero 2. I created my own suit 3. I am the owner of Stark Industries <p>Answer: Iron Man / Tony Stark</p>	<p>Clues</p> <ol style="list-style-type: none"> 1. I'm extremely wealthy 2. I fight crime and hide my identity 3. I look like a bat. <p>Answer: Batman Double Points: Finish this phrase, "By the Hammer of _____" THOR</p>	<p>Clues</p> <ol style="list-style-type: none"> 1. We are a team 2. We all have special abilities 3. Most of us attended Xavier Institute for Higher Learning <p>Answer: X-Men</p>	<p>Clues</p> <ol style="list-style-type: none"> 1. I wanted to help my country but couldn't 2. I underwent an experiment 3. I am part of the avenger team <p>Answer: Captain America</p>
Everyday Heroes	<p>Clues</p> <ol style="list-style-type: none"> 1. I wear a heavy uniform. 2. I go when the bell rings. 3. I save land and buildings from burning <p>Answer: Fire Fighter</p>	<p>Clues</p> <ol style="list-style-type: none"> 1. You call me when you need help 2. I drive vehicles that are white and black 3. I protect and serve <p>Answer: Police Officer/Cop</p>	<p>Clues</p> <ol style="list-style-type: none"> 1. I plan out the year by subject 2. I help people learn 3. My classroom is ever changing <p>Answer: Teacher</p>	<p>Clues</p> <ol style="list-style-type: none"> 1. I don't just walk by. 2. I help anyone in need. 3. Some would say I am a gift. <p>Answer: Good Samaritan</p>	<p>Clues</p> <ol style="list-style-type: none"> 1. I make tough decisions 2. I am responsible for my state 3. I pass state laws <p>Answer: Governor Double Points: Name CA state governor. Jerry Brown</p>

Buzzer Challenge

Below are a list of ways that students will have to do in order to get to the buzzer. Use other ideas you may have as well.

1. Crawl
2. Walk backwards
3. Gallop
4. Skip
5. Crab Walk (Faced up with hands and feet on the ground)

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6. Side Step (Stand sideways and step out then bring feet back together. Repeat)
7. Animal Walk (Face down with hand and feet on the ground without bending knees and arms too much)
8. Hula Hoop (hula hoop while walking)
9. Power Walk (walk fast but not a jog)
10. Robot Walk

Hero Filler

If the game show ends early or if you are on the long day schedule, have students watch a hero related movie.

Closing

Clean up

- Invite the last group of students at an activity to help clean up and return the items for storage.
- Ask students what they will need to do to be sure to leave the area in better shape than when you got there.
- Thank students for their help when area is cleaned up.

Three Whats

Ask the following three "what" questions:

1. What did you enjoy most about this activity?
2. What was the biggest challenge with this activity?
3. What did you learn from the group?

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Component:	Fun Friday
Grade Level:	K-5 Grades
Lesson Title:	Let's Move: Caution! Aliens at PLAY!
Focus:	Let's Move

Materials:

Wacko Alien Baseball: 1- 5 gal. Water Jug, 2 Wiffle Balls and 4 Orange Cones

Phone Them Home: 1 Frisbee and 24 Orange Cones

Flying Saucers: 1 Hula Hoop per Student and 8 Orange Cones

Meteor Removal: 20 - 30 Balls (Soccer balls, Volleyballs, Basketballs, Red Rubber Balls, Etc.)

Alien Dodge Ball: 5 Red Rubber Balls (Medium)

***Please note all materials are listed as a minimum.**

Opening

The first step to a great Fun Friday is to communicate with the Frontline Staff during Pre Opening.

1. A signup sheet will need to be distributed to frontline staff. Frontline Staff will need to fill it out with their class during their class meeting. Students can chose what activity they would like to participate in.
2. The signup sheet will need to be sent to the after school office with the attendance for the after school clerk. *Key rule of safety! Know where all your students are.
3. There are a few things that will need to be communicated to the Frontline Staff during pre opening as well as on a daily memo or schedule. *based off program size
 - Each "Station" will have a different sport, game or activity. Designate the space for each "Station" corresponding with the idealist sport, game or activity. Create a map of the area and where each "Station" will be located.
 - Designate one to two staff members* per "Station" to lead that sport, game or activity. Make sure that the staff member understands the concept and rules of the game as well as the stretches and skill building of that game. Their goal is to keep youth engaged and active.
 - Designated one person* to set up and clean up all the "Stations."
 - Make sure staff understands the schedule

Preview of Activities

Here are lists of "Stations" you can use. Just keep in mind the staff student ratio. (Lesson plans are attached for more details)

- **Wacko Alien Base Ball:** A variation of baseball using a 5 gallon water jug as a bat and a wiffle ball. This is how "Aliens" play baseball on their home planet. *You can decorate the jug to look more space themed. See lesson plan for full details.
 - ✓ *Ideal Environment:* Back Stop or Open Field
- **Phone Them Home** is basically Ultimate Frisbee in a nutshell.. Once a team has passed the goal line it becomes a point or "Affirmative Call Home." The other team gets the "saucer" by throwing it to their side of the field.
 - ✓ *Ideal Environment:* Soccer Field or Open Field
- **Flying Saucers** is played using Hula Hoops. There are different activities they can do with Hula Hoops.
 - ✓ *Ideal Environment:* Basketball, Black Top or Multi-Purpose Room
- **Meteor Removal:** Oh No!!! Meteors have flooded the ground around your school. See how many "rocks" (basketballs)

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your group can move and make into the hoop so get them home.

✓ *Ideal Environment:* Basketball court

- **Alien Dodge Ball** is played much like the original dodge ball game, except when a player is hit, he gets put in "outer limits" behind the opposing team. To get out of "outer limits", they must catch a ball thrown at them by a teammate. A player in "outer limits" may not eliminate anyone from the opposing team. "Aliens" remain behind the opposing team until the game is over. If a ball is caught by the opposing team, one "Alien" is allowed back in from the "outer limits."

Warm Stretches

Begin by having students stand arm length away from each other. This will promote safety. Demonstrate each of the following stretches for the students and have them do each one for 15 second.

- Right Arm Circles
- Left Arm Circles
- Knee Circles (Have students place their hands on their knees with feet together while circling their knees)
- Jumping Jacks
- Jump Rope
- Knee Highs
- Neck Rotations (Left, Center, Right)
- Across the Body Arm Stretch (Right)
- Across the Body Arm Stretch (Left)

It is important to stretch before being physically active. Nice dynamic stretching can lower the risk of injury. Warming up the body allows for the body to be more flexible and sustainable to active movement. This will need to be conveyed to the students.

Simple Skill Building

Explain the rules and concept of the game. Make sure students have a clear understanding of the rules by asking follow up questions. Reinforce the agreements by asking them what they need to do in order to make the game extremely fun while still being safe, responsible and respectful. Ask them what a reasonable consequence should be for someone who does not follow the agreements.

Have students practice the different skills they will need in order to play the game/activity correctly. Role model the skill first so students have an idea of what it is that they will need to do.

Stations

Wako Alien Baseball

Activity Set Up

To set up this activity you will need 4 orange or white bases (this can be ordered from a district warehouse), a 5 gallon water jug and a wiffle ball. Lay out the bases in the form of a diamond. Bases should be about 40 – 50 feet apart from each other.

Rules of the Game

Now, Wacko Alien Baseball is played with two teams. An average game also lasts 7 innings and the inning is broken up into halves, and the halves are called the top of the inning and bottom of the inning. The top of the inning is for the visiting team to bat, & the bottom of the inning is for the home team to bat. Each inning has 6 outs; 3 belong to the Earth team and 3 belong to the Alien team, & at the end of the day the team that wins is the one that scores the most runs after recording 27 outs. While the game is being played, you always have 1 team with only 9 players on the field defending & the other team with only 1 hitter at bat. As the game progresses, you tally up the run score in each inning and at the end of 9 innings, the team with the most runs

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wins. Use the 5 gallon water jug to strike the wiffle ball.

Source: http://www.ehow.com/video_2280621_basic-baseball-game-rules.html

Instructions:

- **Step One:** Divide students up into two end teams, if possible.
- **Step Two:** Set the scene. Tell students about what baseball would look like on another planet. Explain that instead of a wooden baseball bat they used a plastic hollow bat. The closes thing on Earth to that looks like the bat that they use is a 5 gallon water jug.
- **Step Three:** Have one person for each team to come up and find out which team will be up at bat first and which team will be out in the field. Students can play paper, sock, scissors or any variation of that game. Best 2 out of 3 wins. Team can decide to be at bat or in the field. The team up at bat first will be the Alien home team and the team in the outfield is the visiting Earth team. Let students choose their Alien and Earth team names.
- **Step Four:** Explain the rules of the game. In addition to the rules above, base stealing, sliding and diving are not allowed.
- **Step Five:** Encourage students support their team with positive attitude. Work together as a team.
- **Step 6:** Play the game. Keep score.

***Activity → Teachable Moment(s) throughout**

The 5 gallon water jug can be decorated in an alien theme to make connections while students are participating in the game.

Modification of lesson:

Kindergarten: Move bases closer together. (25 – 35 feet apart)

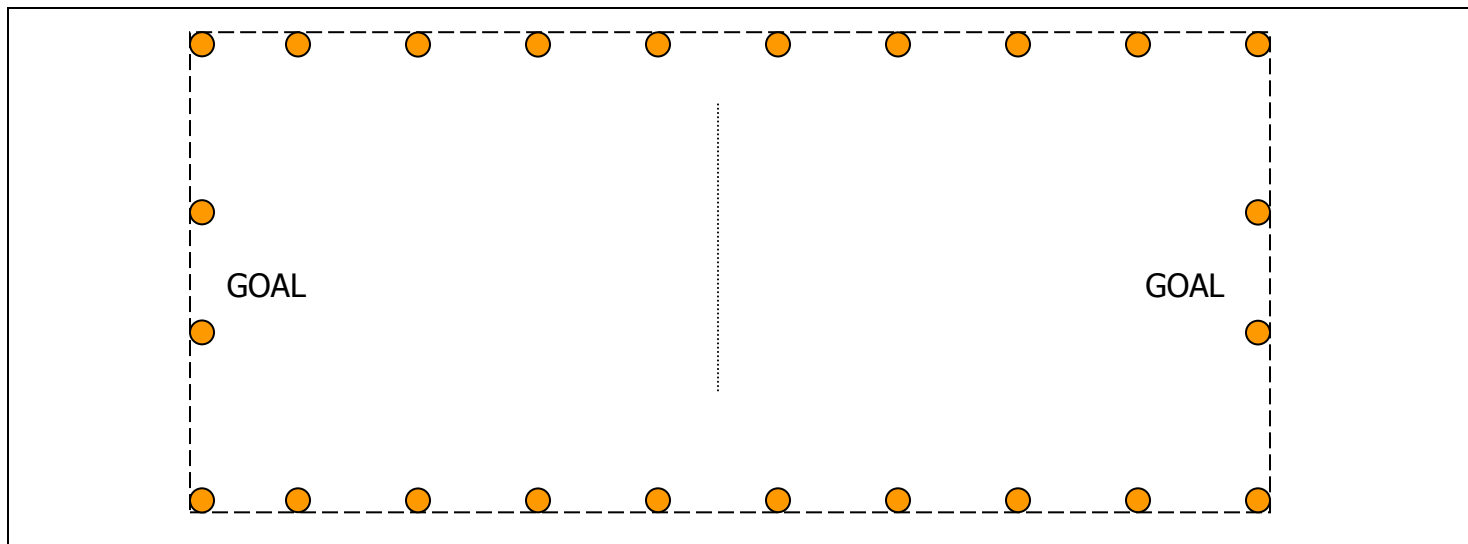
Inning	Home:	Visitors:
1		
2		
3		
4		
5		
6		
7		

Phone Them Home

Activity Set Up:

Orange Cone Placement:

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Rules of the Game

Phone Them Home is basically Ultimate Frisbee in a nutshell. The group will need to be divided into two even groups, if possible. Have each team stand on opposite sides of the field. After both sides have signaled their readiness, the defensive team throws the "saucer" to the other team to begin play. Once a player catches the disc or the disc is picked up, the player must come to a stop and have one foot planted as a pivot until after passing the disc to another player by throwing it (hand-offs are not permitted.) The player can only hold the "saucer" for 10 seconds. If they do not pass it or the "saucer" is dropped, the other team gets the "saucer" from that point. Once a team has passed the goal line it becomes a point or "Affirmative Call Home." The other team gets the "saucer", starting in the center of the field. Each quarter is 8 minutes long.

Instructions

- **Step One:** Divide students up into two end teams, if possible.
- **Step Two:** Set the scene. You are on a different planet. How can you get a message back to your home planet?
- **Step Three:** Explain the rules of the game to the students. In addition to the rules above, there will be no harsh pushing or stripping.
- **Step Four:** Encourage students support their team with positive attitude. Work together as a team to make the call home.
- **Step Five:** Each quarter is 8 minutes long. This will give enough time to collect the group together and debrief the activity. Then take students to use the restrooms and get drinks of water.
- **Step 6:** Play the game. Keep score.

*Activity → Teachable Moment(s) throughout

If it is a hot day and students are in need of water, take a 2 minute break in between quarters to let students catch their breath and get quick drinks of water. If you can, bring out a water cooler and small cups.

Quarter	Team 1:	Team 2:
1		
2		
3		
4		

Flying Saucers

Activity Set Up

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Flying Saucers: Place 4 orange cones 15 feet apart from each other. Place 4 cones directly across from the other 4 about 50 feet away.

Rules of the Game

- **How to Hula Hoop:** Place one foot forward. Move hips back and forth (front to back), moving the hula hoop around the hips. The misconception is that you move your hips side to side.
- **Flying Saucers:** Basically the hula hoop is a flying saucer. There are different games and activities that can be played using hula hoops.

Instructions

- **Saucer Battle:** Have a volunteer assist you in showing students how to hoop battle. Each person will begin to hula hoop. Once they have a rhythm, each person will try to knock down the other person's hula hoop. No one is eliminated. They just move on and challenge someone else.
- **Phone Home:** Have the group stand in a circle holding hands and see how many "light years" it takes to get the Saucer home. One light year equals one second. Home is where the hula hoop starts. Students will pass the hula hoop to the next person by getting it over their head and under their feet without letting their hands go. Do 2 demonstration runs so they can have a full understanding of how to do it. Have each student count out loud and encourage making sure not to bully someone to hurry.
- **Flying Saucers:** Divide the group of students into 2 – 4 teams. Make them as even as possible. This is a variation of relay races. Students will start at one cone, hula hoop to the other cone (meteor), turn around and hula hoop back and hand the team hula hoop to the next person in line. The team to get all the members to the meteor and back wins.
- **Traditional Hula Hoop:** Sometimes it just fun to listen to music and hula hoop. This can be a 5 – 10 minute free hula hoop time.

*Activity → Teachable Moment(s) throughout

Modification of Lesson:

Flying Saucers: For older students make it a little more difficult by adding additional hula hoops or moving the distance of the starting line and the meteor.

Purchase smaller hula hoops for kindergartener and large hula hoops for frontline staff. An adult size hula hoop for staff is best.

Meteor Removal

Activity Set Up

- Scatter the different balls around the court.
- Oh No!!! Meteors have flooded the ground around your school. See how many "meteor rocks" (balls) your group can move and make into the basketball hoop to get them home.

Rules of the Game

Students will work together with their team to gather the balls on their side of the court and shoot them into the basket. Once they have made the basket they get to roll it to the other side of the court, on the opposing team's side. Each quarter will be timed. Each quarter is 8 minutes long.

Instructions

- **Step One:** Divide the students into two teams; make the teams equal if possible.
- **Step Two:** Explain the rules of the game
- **Step Three:** Demonstrate how students are to get the balls and shoot it into the hoop. Once a shot has been made, roll the ball to the other side of the court. It's important to roll the ball rather than throwing the ball. It will take more time to run after a stray ball than continuing to play.

*Activity → Teachable Moment(s) throughout

Step Four: Use the interview process with students to create buy-in when it comes to figuring out how to work together.

Consult 4 Kids Lesson Plans

<ul style="list-style-type: none"> Step Four: Encourage students to work together. Someone who is fast can be the runner for the balls while a student who is good at making shots will shoot and other people will roll the ball. Each quarter they can switch positions. Step Five: Keep score for each quarter. Take a 30 second to minute break to catch your breath. 	Modification of Lesson:
Alien Dodge Ball	
Activity Set Up <ul style="list-style-type: none"> Line up 5 red balls in the center of the basket ball court. 	
Rules of the Game Alien Dodge Ball is played much like the original dodge ball game, except when a player is hit, he gets put in "outer limits" behind the opposing team. To get out of "outer limits", they must catch a ball thrown at them by a teammate. A player in "outer limits" may not eliminate anyone from the opposing team. "Aliens" remain behind the opposing team until the game is over. If a ball is caught by the opposing team, one "Alien" is allowed back in from the "outer limits." You begin by each team going after the balls on the line.	
Instructions <ul style="list-style-type: none"> Step One: Divide the teams into two teams; make the teams equal if possible. Step Two: Explain the rules of the game Step Three: Demonstrate how students will run after the ball in the center of the court. Ask for a volunteer to help you demonstrate this. Then demonstrate how you are to tag someone with the ball shoulders down. Break down the outer limits and how they can get back onto the court by catching the ball. Step Four: Students will play for 4 quarters, 8 minutes each. Step Five: Keep score for each quarter. Take a 30 second to one minute break to catch your breath. Play for 4 quarters. After the last quarter, collect the group together and debrief the activity. Then take students to use the restrooms and get drinks of water. 	<p style="text-align: center;">*Activity → Teachable Moment(s) throughout</p> <p>Use an attention getter to gather students at the end of each quarter. *Watch the 3 minute mini in our online instruction, "Attention Getters."</p> <p>A great time to debrief the activity is when students are resting and catching their breath. If you need to move on to the restrooms you can finish the debrief on your way over to the restroom.</p>

Closing
Clean up <ul style="list-style-type: none"> Invite the last group of students at an activity to help clean up and return the items for storage. Ask students what they will need to do to be sure to leave the area in better shape than when you got there. Thank students for their help when area is cleaned up.
Debrief Liked Best, Next Time (LBNT): In this simple debrief, students talk about the activity or the day and share what they enjoyed most and/or what else they would have liked to have done, or what they would have liked to have spent more time on. LBNT allows students to express an opinion about the activity.