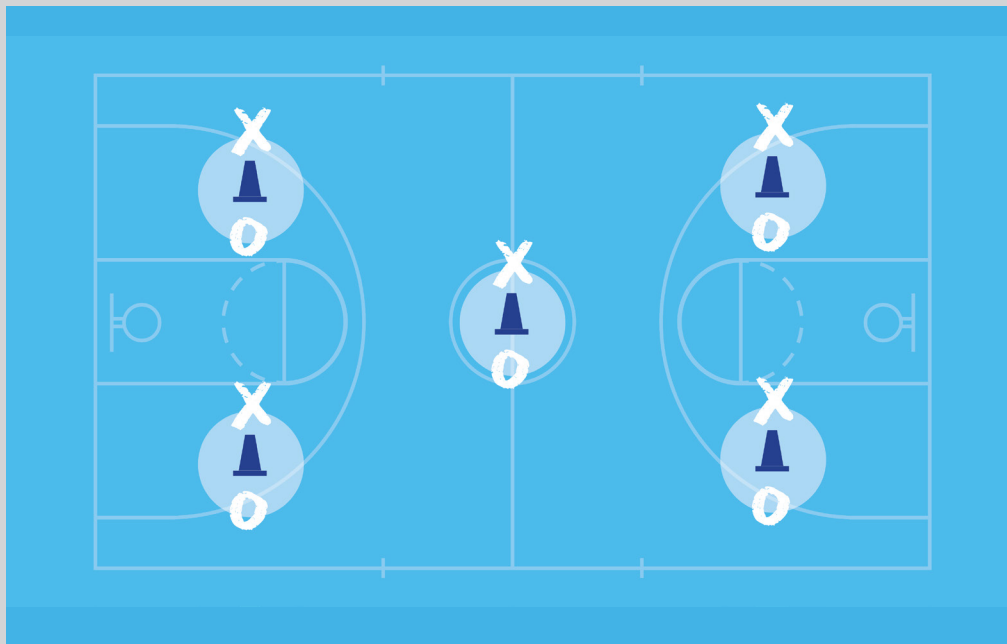


ENERGY TAG



GAME SET UP:



PE STANDARDS:

- Standard 1: Develops a variety of motor skills
- Standard 2: Applies knowledge related to movement and fitness concepts
- Standard 3: Develops social skills through movement

MATERIALS:

- Cones or Place Markers
- Scarves or Flag Belts

OVERVIEW:

Partners move quickly or in slow motion to show healthy ways to recharge energy.

1. Partners face one another with a spot marker between them.
2. Select an energy maker or energy taker statement to read aloud. Learners move quickly to tag their partner for energy maker statements or in slow motion for energy taker statements.

Energy Makers: Turn off screens one hour before bed, Sleep 9–12 hours each night, Follow a bedtime routine.

Energy Takers: Stay up past your bedtime, Work up a sweat right before bedtime, Extra screen/TV time.

3. One learner is on offense, and the other is on defense. The offensive learner slides left or right, around the designated area, to pull a flag or scarf from the defensive learner without crossing the spot marker. Learners continue play until a new statement is read aloud.
4. After all statements have been read, reassign partners and repeat play.

ENERGY TAG



Scan here for the full PE lesson plan!

BEFORE THE GAME:

The number one thing you need to know is getting 9 to 12 hours of sleep each night and relaxing without screen time are healthy choices you can make to give your body and brain energy to move and think!

Ask learners to move to a spot marker and use body movements to answer the following energy questions:

- If you had a lot of energy after school yesterday, raise your arms and wave from side to side! Low energy? Keep your body still.
- If you had a lot of energy before school this morning, raise your arms and wave from side to side! Low energy? Keep your body still.
- If you have a lot of energy right now, raise your arms and wave from side to side! Low energy? Keep your body still.

REFLECTION AFTER THE GAME:

Q: Name some recharge energy maker choices.

A: Acknowledge examples such as: turn off screens at least one hour before bed; get 9–12 hours of sleep each night; follow a bedtime routine; relax by doing a puzzle (or quiet activity); relax while reading a book; play outside.

Q: How would you explain healthy recharge choices to a family member?

A: You recharge your energy by getting 9 to 12 hours of sleep and by relaxing throughout the day.

Q: What healthy choices will you make to recharge your energy during the day?

A: Listen for energy maker examples such as relaxing without a screen, stretching my body, or taking a nap.

MODIFICATIONS:

Seated Exercise

- Pair seated learners with able bodied learners to create cooperative teams.

Sensory Modifications

- Consider a non-competitive version in which learners line up across from each other and are tasked with mirroring the direction of slides that their partner performs on a straight line. No tagging or capturing a flag is involved.