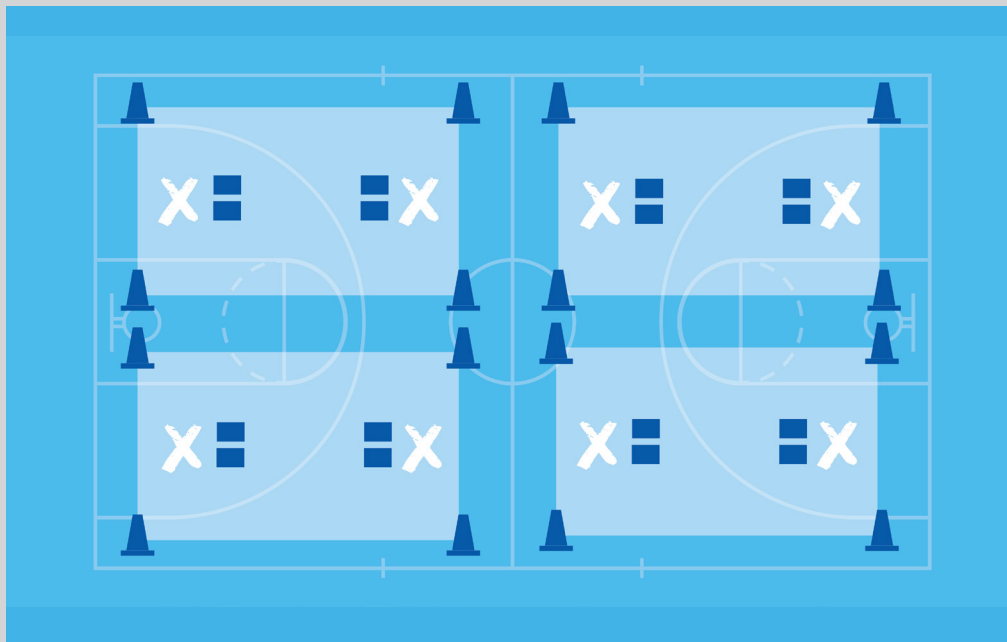


GET YOUR Zs



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:

- Beanbags
- Recharge Cards

OVERVIEW:

Toss beanbags (pillows) to hit targets showing healthy choices for bedtime routines.

1. Show learners bedtime routine cards and ask them to do a jumping jack for healthy choices. Clarify that some activities like jumping rope or playing outside are healthy but not suitable right before bed. Learners pair up and stand in designated lines for the beanbag toss.
2. Each learner draws two Recharge Cards and discusses which cards depict healthy bedtime routines. Cards are placed face up on the floor.
3. If a learner draws two unhealthy choices, they must draw again until they get one healthy choice. Once both partners have a healthy choice, they return to their lines.
4. Partners take turns tossing the beanbag, aiming to land it on their partner's healthy bedtime routine choice card. Flip the card over once covered.
5. If a partner has more than one healthy choice card, continue tossing until all healthy cards are covered.
6. After all healthy choices are covered, return to the pile to draw another two cards each.
7. Continue until the session ends.

fitGames

GET YOUR Zs

DIFFICULTY: ● ● ○



Scan here for the full PE lesson plan!

BEFORE THE GAME:

The number one thing you need to know is that following a bedtime routine will help you to get all of the sleep you need to be your best!

Ask learners to pretend it is one hour before bed and you are going to start your bedtime routine. What choices would you make?

- Would you rather take a bath or a shower? Do the chair pose for a bath or tree pose for a shower.
- Would you rather wear short sleeves or long sleeves to bed? Do the crescent pose for short sleeve or warrior II for long sleeve.
- Would you rather listen to music or read a story? Do resting pose for listening to music or easy pose for reading a story.

REFLECTION AFTER THE GAME:

Q: Why is sleep so important?

A: Sleep influences your energy, and your energy influences healthy choices.

Q: Why do you need 9 to 12 hours of sleep each night?

A: It's your body's time to grow, store memories, and recharge energy.

Q: Explain why bedtime routines are important.

A: They make it easier to fall asleep so you can get the sleep your body needs.

Q: What will you do to improve your bedtime routine?

A: Learners identify choices from the bedtime routine cards.

MODIFICATIONS:

Older Learners

- Make the cards smaller and have the partners stand a further distance apart at each station. This makes it more challenging to hit and cover up the healthy choice card.

Sensory Modifications

- Allow the learner to use a different textured ball or bean bag if they would like. If using a ball, try to hit the card either by rolling it or tossing it.

Find more modifications at fit.sanfordhealth.org.