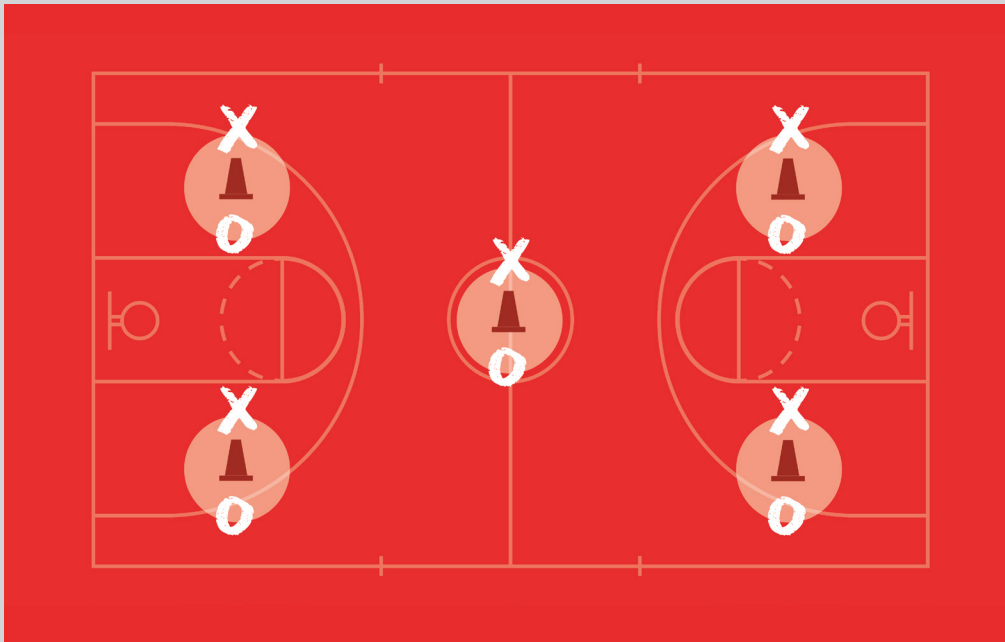


SKIP THE SCREENS



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
- Standard 4: Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity

MATERIALS:

- Cones or Place Markers
- Beanbags
- Hula Hoops
- Jump Ropes
- Balls of Various Sizes
- Skip the Screens Move Cards

OVERVIEW:

Rotate through station activities to learn about healthy choices to replace screen time.

1. Place a Skip the Screens Move Card underneath cones throughout the activity area. Set up enough cones so learners work in pairs. Depending on the number of learners, you may have more than one cone for each activity.
2. Play music. Learners mingle around the cones doing a chosen locomotor movement. When the music stops, they go to the nearest cone, only 2 people per cone.
3. Play a round of Rock, Paper, Scissors. The person who doesn't win flips the cone to reveal the task. Partners complete the task together.
4. After 1 to 2 minutes, play music again to signal partners to high five or elbow bump one another, then begin to walk and mingle again.
5. When the music stops, learners pair with a new partner and repeat the Rock, Paper, Scissors activity. Again, the person who doesn't win flips the cone, and the partners complete the task.
6. Continue play for allotted time.

SKIP THE SCREENS



Scan here for the full PE lesson plan!

BEFORE THE GAME:

The number one thing you need to know is that replacing screen time with physical activity will benefit your body and brain!

Call out an action from the list below. Learners then move to the center to meet their partner. After completing the action, learners return to their original places.

- Meet your partner in the middle and tell them your favorite recess game, then do a right-handed high five or elbow bump and go back to your starting place.
- Meet your partner in the middle and tell them your favorite PE activity, then do a right-handed high five, and follow with a left-handed high five (or right and left elbow bumps).
- Meet your partner in the middle and tell them your favorite physical activity when you are not at school. Do a right-handed high five, and a left-handed high five, and a two-handed high five (or elbow bumps)!

REFLECTION AFTER THE GAME:

Q: Can you name some health helpers that can help you make healthy choices?

A: Trusted adults and professionals who can serve as health helpers.

Q: What was our lesson about today?

A: Replacing screen time with a movement activity.

Q: Tell your partner three things you can do to replace screen time.

A: Listen for examples of physical activities that can be easily done throughout the day.

MODIFICATIONS:

Seated Exercise

- Adapt stations where instead of skipping, learners can do arm movements or use hand weights.

Sensory Modifications

- Ensure the music volume is at a comfortable level and not too loud.

Find more modifications at

fit.sanfordhealth.org.

