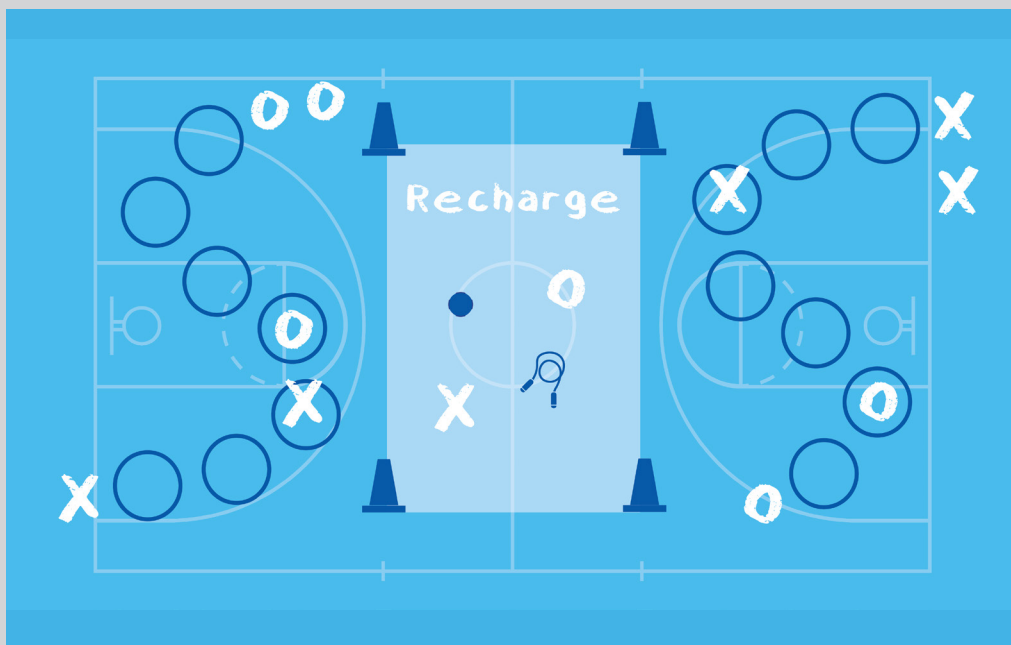


ENERGY ZAPPER



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:

- Hula Hoops
- Cones or Place Markers
- Basketballs
- Jump Ropes
- Bucket & Clothespins
- Stacking Cups/Blocks
- Energy Zapper Cards

OVERVIEW:

Play a fun and energetic version of Rock, Paper, Scissors to reinforce healthy ways to recharge throughout the day.

1. Place hula hoops on a curved path on the floor or draw circles with chalk.
2. Split the group into two teams, naming each team as a specific energy zapper. Have one team line up at one end of the path. The other team lines up on the opposite end.
3. On "Go!", the first person on each team starts hopping along the path until they meet an opponent.
4. Opposing learners now face off with "rock, paper, scissors, zap!" Learners show their move on the word "zap". The winner continues hopping along the path. The loser falls off the path and goes to the recharge area.
5. In the recharge area, the learner must do an exercise or a relaxing activity before returning to their team line.
6. The next learner from the losing team hops quickly down the path until they meet the opposing learner. They play "rock, paper, scissors, zap!" again. The winner continues hopping, and the loser goes to the recharge area.
7. If a learner reaches the end of the path, their team scores a point. The game continues with the next learner from each team.

ENERGY ZAPPER



Scan here for the full PE lesson plan!

BEFORE THE GAME:

The number one thing you need to know is you can recharge your energy throughout the day by doing a quiet activity...or by moving!

Ask learners to show their choice they would make to recharge their energy throughout the day.

- Would you rather go outside and move your body in your favorite way or stop and cloud watch?
- Would you rather dance or read a book?
- Would you rather do some stretching or draw a picture?

REFLECTION AFTER THE GAME:

Q: At night you sleep to recharge your energy, but what can you do to recharge throughout the day?

A: Acknowledge examples such as: relax by doing a puzzle (or quiet activity), relax while reading a book, exercise or play outside.

Q: Why do you need to recharge throughout the day?

A: To get enough energy for your body and brain.

Q: Explain why it is important to recharge throughout the day.

A: Recharging throughout the day gives you the best kind of energy to go, grow, and know!

Q: When and how will you recharge throughout the day?

A: Acknowledge examples of quiet activities or physical activities learners can do for a short time throughout the day.

MODIFICATIONS:

Older Learners

- Merge the two simultaneous games into one where they all intersect creating an x. At the intersection point, learners can then choose any path they prefer, rather than having to move straight ahead.

Sensory Modifications

- Allow for more comfortable types of movement such as walking or stepping through the hula hoop path.