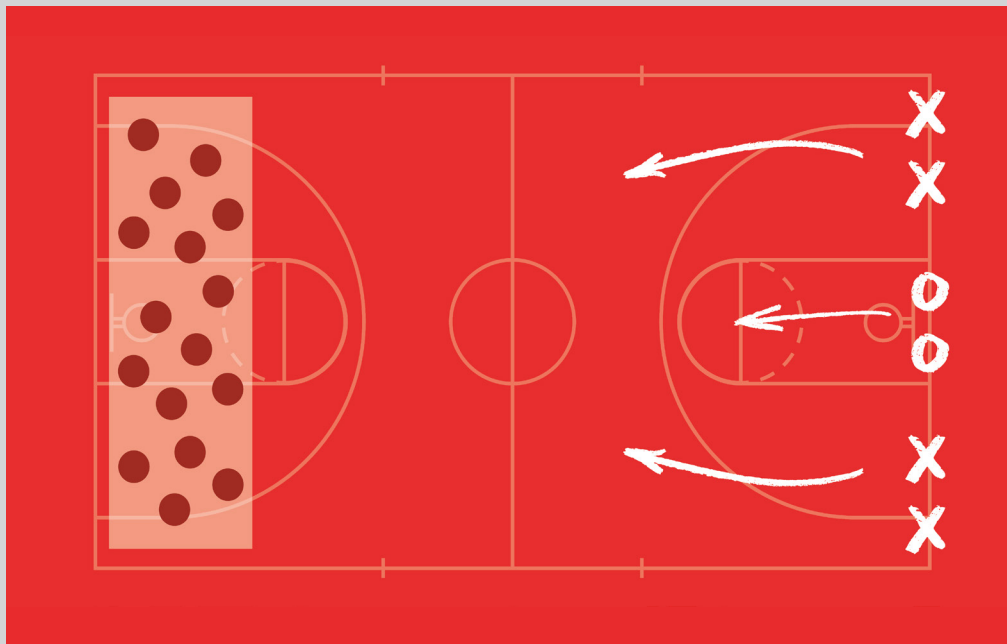


MEMORY POWER



GAME SET UP:



OVERVIEW:

Play a relay game to learn how physical activity powers your brain and memory.

1. Partner learners and assign them a beanbag color.
2. On the signal, the first learner from each pair does a locomotor movement to a frisbee and looks under it.
3. If the beanbag matches the team color, they take it back with them; if it's not, they put the frisbee back over the beanbag and return to their partner.
4. The partner does a locomotor movement to another frisbee, trying to find a matching beanbag.
5. Partners continue taking turns until time is up. How many beanbags did they collect?
6. Mix up the frisbees and partners and play another round.

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:

- Beanbags
- Frisbees

MEMORY POWER



Scan here for the full PE lesson plan!

BEFORE THE GAME:

The number one thing you need to know is that moving many times, many ways, and in many places each day makes your body and brain strong!

Ask learners the following Would You Rather Questions. Have learners mime the action to show their preference for each question.

- Would you rather play a video game after school or play a sport?
- Would you rather watch TV or go for a bike ride?
- Would you rather do your homework before going outside to play or after playing outside?

REFLECTION AFTER THE GAME:

Q: Was it easier or more difficult to remember where the bags were hidden during each round of play?

A: Acknowledge that after moving, your heart pumps blood and oxygen to your brain to help you think and remember.

Q: Why is it important to move your body throughout the day?

A: Moving benefits the body's bones and muscles and the brain's attention and learning.

Q: What can you tell your friends or family about being active?

A: Movement is much more than exercise. Move many times and many ways throughout the day, picking activities you enjoy! It's great for your body and your brain!

Q: How will you add movement to your day?

A: Assess learners' examples of physical activity throughout the day. Do they describe the many times and many ways they can be active?

MODIFICATIONS:

Seated Exercise

- Pair the learner with an able-bodied learner to either assist in moving to the frisbee of choice or to have one partner decide the frisbee to overturn and have the other partner navigate to the frisbee and check the beanbags color.

Sensory Modifications

- Place X's, that correspond to your team color, over frisbees that have been overturned to add a visual representation.

Find more modifications at

fit.sanfordhealth.org.