



Ready...

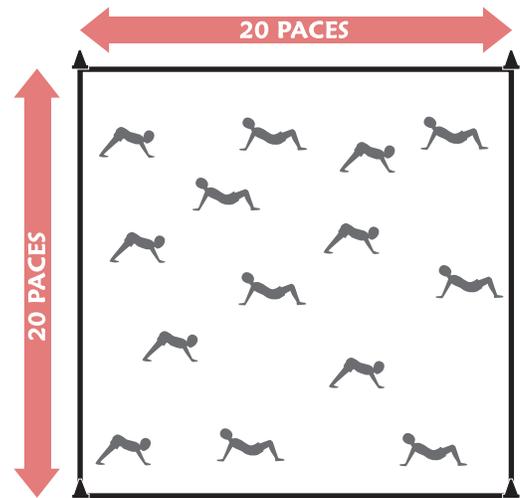
- 4 cones (for boundaries)
- Music and player (optional)

Set...

- Create a medium (20X20 paces) activity area.
- Scatter students in area.

GO!

1. The object of *Flip Flop* is to warm up the large muscle groups.
2. As you enter the activity area, find a partner and move together throughout.
3. One of you stands in crab (belly up) or bridge (belly down) position. You choose which way. On signal, the other partner moves through the area, steps over crabs and/or crawls under bridges.
4. When someone goes over or under you, flip over to the opposite position.
5. We'll switch roles on my signal (*every minute or so*).



CHALLENGES

- * How many of your classmates can you flip in 30 seconds?
- * Can you beat your score?

CUES

- * Be very careful when moving over or under other students.
- * Hold strong in your position.
- * Move to flip over a different student every time.

★ Pedometer Estimation

(Need 2 pedometers: 1 for a Bridge/Crab student, the other for a Mover.) Estimate the number of steps you think the opposite group will take for each round of play. Bridges/Crabs, estimate steps of Movers; Movers, estimate steps for bridges. On stop signal, we'll see how close you came. Clear your pedometers to zero. (Debrief the difference between higher number of steps for the Movers and the fitness gained from being a Bridge/Crab.)

★ Stick Together

Stay and flip only your partner for the whole time. How many times can you flip your partner before the signal?

★ Work It!

While in crab position, do crab dips. While in bridge position, do push-ups.



ACADEMIC

There are almost 5,000 different species of crabs (about 500 are Hermit Crabs). Crabs are invertebrates (no backbone), have 10 legs and walk sideways. The biggest crab is the Japanese Spider crab. It has a 12' leg span (that is 2' higher than a basketball hoop).

STANDARDS ADDRESSED

NASPE

- #1, 2 Body/spatial awareness
- #3, 4 Cardiovascular endurance, upper-body strength
- #4 Understanding warm-up concepts
- #5 Cooperation
- #6 Accepting challenges

Your State (Write in here)

PAULA'S POINTERS

- Use fun music as a motivator.
- Music with intervals of 60 seconds on and 5-10 seconds off work well to use for switching groups consistently. When the music is on, they are doing their tasks; when off, they switch roles.

NOTES

