

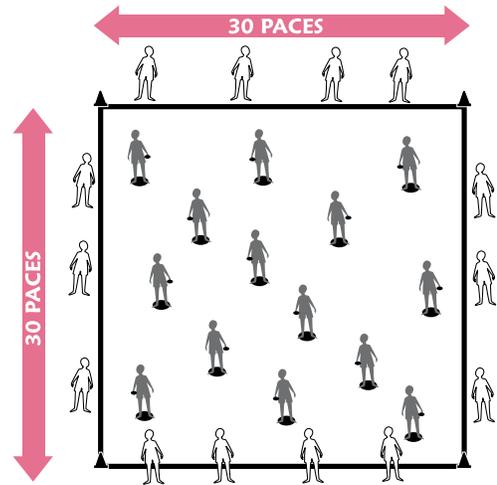


Ready

- 4 cones (for boundaries)
- 1 spot marker per 2 students
- 1 tiny object that can be hidden in student's hand (button, rock, pompon, etc.) per 2 students
- Music and player (optional)

Set

- Create large (30X30 paces) activity area.
- Scatter spot markers (rocks) within area.
- Pair students; divide pairs into Snakes and Lizards.
- Give each Snake an object and have each stand on a "rock" (spot).
- Scatter Lizards around the perimeter.



ASAP

GO!

1. Our ASAP is called *Snakes and Lizards*.
2. I'll say different ways for our Lizards to move around our perimeter.
3. Snakes, stay on your rock and perform a balance I call.
4. Lizards, on the stop signal, approach your Snake partner, and guess which hand holds the object.
5. If you guess correctly, switch roles with your Snake partner.
6. If you guess incorrectly, go back to the perimeter and keep moving until the next stop signal.
7. (Sample locomotor skills and balances: skip/stand on 1 foot, side-slide/stand on the other foot, gallop/stand on tip-toes, jog/balance on 1 foot and 1 hand, fast walk/balance on 1 knee, etc.)
8. **Wrap It Up**
 - Snakes and lizards live in the desert, where it is hot. Why is it important to drink water during and after physical activity – especially when it's hot?
 - The K in SPARK stands for "Keep H₂O the Way to Go." H₂O is the chemical symbol for water.
 - Water makes our bodies happy. Sugary soft drinks are not a healthy choice.

★ Any Snake

This time you are not in pairs. On my signal, approach any Snake and guess which hand holds the object. Switch roles with that Snake if you guess correctly (just 1 guess per round).

★ Right or Wrong

If you guess correctly, before you switch roles, both do 3 jumping jacks. If you guess incorrectly, both do 3 curl-ups.



ACADEMIC

Language Arts

(Read Lizard's Home by George Shannon. In this story, the snake tries to double-cross the lizard that outsmarted him. Discuss demonstrating respect for self and others; acceptable responses to challenges, successes and failures, and the characteristics of sharing.)

STANDARDS ADDRESSED

● NASPE

#1, 2 Spatial awareness, locomotor skills, balance

#3, 4 Cardiovascular endurance

- #5, 6 Participates, appreciates, enjoys movement, cooperates in small group activities

Your State (Write in here)

PAULA'S POINTERS

- Teach and remind students to pace themselves as they move around the perimeter.

NOTES

