



It's OK to Eat and Run!

***Presented By:
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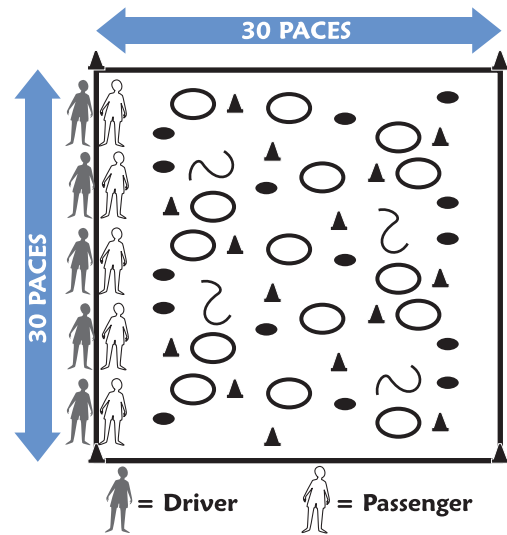


Ready...

- 4 cones (for boundaries)
- A variety of “road hazards” (hoops, spot markers, cones, etc.)

Set...

- Create large (30X30 paces) activity area.
- Scatter “road hazards” randomly in area.
- Pair students; spread along 1 sideline.



GO!

1. The object is to earn your partner’s trust by allowing them to “drive” you through “road hazards.”
2. Each pair establishes a “front” and “back” partner. The front partner (passenger) puts bumpers up by placing palms over eyes, with elbows pointing forward. Back partner (driver) places hands on partner’s shoulders.
3. On signal, drivers guide your passenger across the activity area. Use both verbal cues (e.g., “slowly,” “move left,” “big step,” etc.) or physical signals. (E.g., Squeezing the L shoulder means move to the L; pulling back on both shoulders means stop, etc.)
4. If you or your partner touches a road hazard, you have to fix the “flat tire” by doing 10 jumping jacks together before you resume driving.
5. Once across, switch roles and travel back to the original sideline.

CHALLENGES

- ★ Can you move across without bumping other “cars?”
- ★ Passengers, can you count your driver’s verbal communication cues? Award them a “safe driver certificate” if they give you at least 10 verbal cues.

CUES

- ★ Don’t forget to communicate. Use your verbal cues.
- ★ Passengers, keep those eyes closed!
- ★ Designated Drivers – your partner trusts you to be responsible and drive them to their destination safely. Be worthy of their trust.

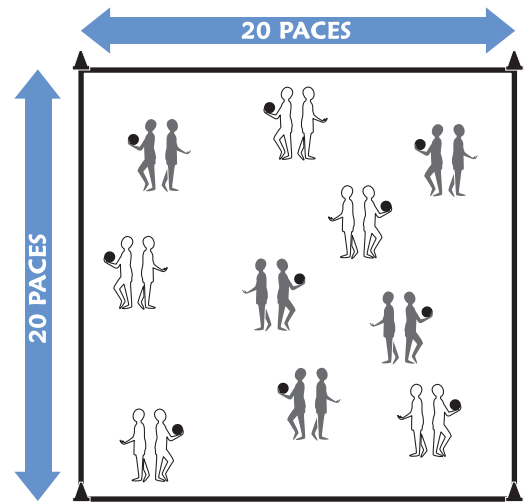


Ready...

- 4 cones (for boundaries)
- 1 ball or other small manipulative per pair

Set...

- Create medium (20X20 paces) activity area.
- Students in pairs, standing back-to-back scattered in area.
- One manipulative per pair.



GO!

1. The object is to cooperate with your partner, and pass the ball back and forth by twisting, turning, bending and stretching.
2. **Twist and Turn**
 - Feet stationary. Turn to 1 side; hand the ball (using both hands) to your partner. The partner receives ball, turns in opposite direction, and hands it back to you on the other side. The ball should “orbit” your waists.
3. **Bend and Stretch**
 - Both take 1 small step apart. The partner with the ball bends down and passes it between their legs. The other partner bends down to receive it, then stretches overhead to pass it back to partner. Continue until a signal is given.
4. If you drop the ball, pick it up and keep going.
5. When you hear “Switcheroo!” change your passing direction. (*Give signal randomly every 3-8 seconds.*)

CHALLENGES

- ★ In 30 seconds, how many times can the ball come back to the partner holding it?
- ★ Reverse direction. Can you beat your old record?
- ★ Get a new object. Can you beat your old record?

CUES

- ★ Remember to keep your feet anchored in 1 spot marker.
- ★ Twist at your waist.
- ★ Use both hands for giving and receiving.

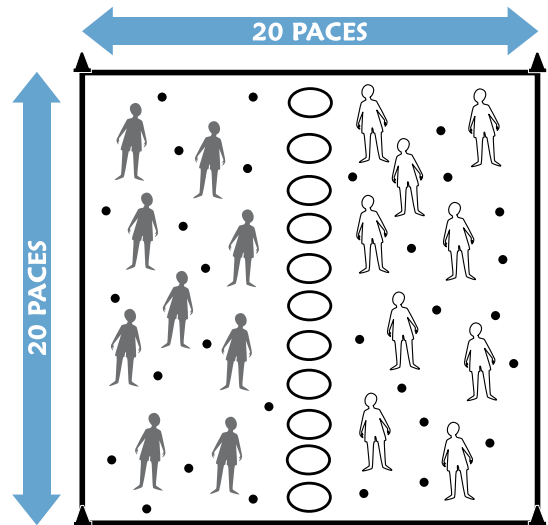


Ready

- 4 cones (for boundaries)
- 1 (or more) fluffball per student
- Music and player
- 10-12 hoops (optional)
- Net or rope (optional)

Set

- Create medium (20X20 paces) activity area. Divide it in half using hoops or existing lines.
- Scatter fluffballs throughout each side of the center divide.
- Divide class into 2 groups; send each group to a side.



GO!

1. Clean Your Room

- The object is to have the cleanest room! Each side cleans their room by throwing fluffballs to the other side.

2. Rules

- Throw only 1 ball at a time.
- No kicking balls.
- No throwing at anyone.
- When you hear the music stop, raise your arms and make an “X.” If you have a fluffball in your hand, drop it.
- Begin when you hear the music start.

(Play several rounds of 30-60 seconds each. Switch throwing challenges each round: Throw with your other hand. Throw under your leg. Throw between your legs like a football hike. Throw underhand.)

3. Counting Fluffballs

- This time, we will count how many fluffballs are on your side.
- The side with the fewest fluffballs has the cleanest room.

4. Wrap It Up

- Why do you usually throw with 1 hand more often than the other? Do you throw with the same hand you write with?
- How many of you help at home by cleaning **your** room? Just make sure you keep a ball or jump rope handy so you can play actively every day!