




# Spin and Move

*Estimated Time: 20 Minutes*

After warming up, students run a course where they sprint, crouch, run around two marks and sprint again. They relate these skills to movements used in their everyday activities, sports and games.

## Locker Room

- Large space
- Chalk or masking tape
- Cones
- Set up course marked with a start and finish for every three students (see diagram on page 2)
-  • See the Instructional DVD for demonstration of this game play

## Goalpost Objectives

- State the importance of warming up before participating in physical activity
- Participate in “Energy Out” skills that combine teamwork, coordination, speed, agility and balance

## Kickoff

1. Warm up with a game of “Simon Says.” Use commands that review “Energy In” (nutrition) and “Energy Out” (physical activity) concepts. Remember to randomly say “Simon Says” before commands such as:
  - Stand up straight and get ready to warm up for a fun game.
  - Sit and touch your toes five times because it’s important to eat nutritious “Energy In” foods from the Five Food Groups.
  - Twist from side to side eight times because it’s important to balance “Energy In” with “Energy Out.”
  - Jog in place to show that we need one hour of physical activity every day for our “Energy Out.”
  - Reach for the ceiling three times to show that three servings of Milk Group foods every day help build strong bones.
  - Do five arm circles because we need five Grains Group servings every day.
  - Bend from side to side twice for the two Meat & Beans Group servings we need every day.
  - Do four lunges on each side for the four Vegetables Group servings we need every day.
  - See how far you can reach above your head, to the left, then to the right, to show that we need three Fruits Group servings every day.

2. Talk about warming up. Ask:
  - Why is it important to warm up before playing a game such as football?
  - How do your muscles feel now compared to before playing “Simon Says”?
  - How many of you warm up before your sports games? What are some ways that you warm up?

*Key discussion points:* • *Warming up helps prepare our muscles for action.*



- *It's important to warm up before doing a vigorous activity so that you can give it your best effort and help prevent injuries.*
- *It's important to allow time for warming up.*

### Game Plays

3. Tell students they just warmed up for a fun activity called “Spin and Move.”

#### **The Course**

- Mark a starting line with chalk or cones, place two marks equally spaced five yards apart and a finish line approximately five yards from the last mark (see diagram).
- Adjust as needed for the space available.

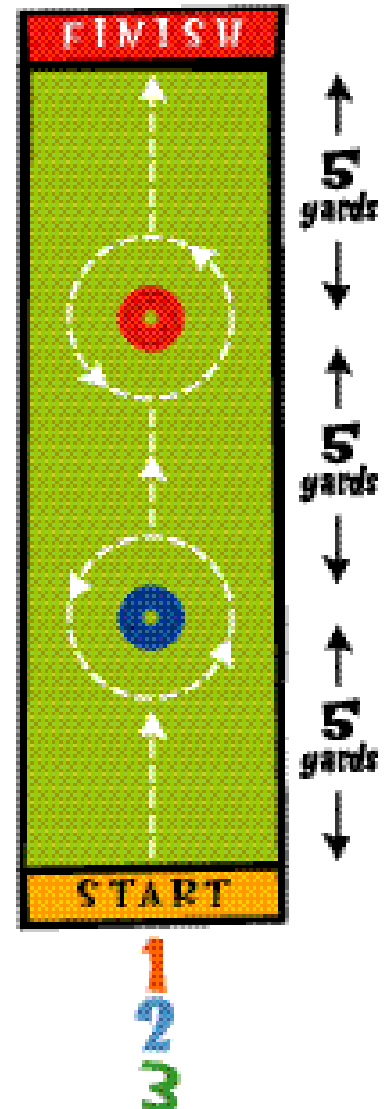
#### **Scoring and Timing**

- Run as a relay.
- Time teams separately and have them compete against their time.

4. Divide into teams of three. One at a time, students:

- Sprint five yards, touch the mark with one hand and rotate 360 degrees around it, keeping their hand on the mark.
- Continue to the next mark and repeat.
- Sprint to the finish line.

As soon as the team finishes, the first person in line begins and repeats the drill in the opposite direction.





**Remind students to record this activity in their “Energy Out” Tracker.**

### **Touchdown**

- 5.** Discuss the skills students used. Ask:
- What parts of your body did you feel when you ran the course?
  - What skills did you work on in this drill?
  - How do you use the movements you did in this drill in your favorite sports and games? At home?

*Key discussion points:*

- *Drills like this help you move quickly and work on balance, coordination and speed.*



- *For example, when playing football you need to run fast, change direction quickly and avoid opponents. If you’re running a race, you need to crouch low and then run as fast as you can. If you’re helping with chores at home, you might need to crouch low to help wash the car or pull weeds.*



**Have students write or draw pictures of their favorite physical activities that help them work on balance, coordination and speed.**



**Consider doing this activity at ReCharge! Field Day (see Activity 29 in Module 3).**

