

Luau Party**Topic:**

Luau Fitness Party

**Objectives:**

Cognitive: Students will show their ability to be active listeners by listening to all given directions carefully.

Affective: Students will perform, accept, and respect the movements and abilities of their classmates.

Psychomotor: Student will be able to move to the different stations in the designated area.

**Equipment:**

- |   |   |                    |
|---|---|--------------------|
| • Tape                                  | • flower cutouts                                    | • coconut tree     |
| • paper cutout of sandals               | • limbo stick                                       | • coconuts         |
| • plastic fish                          | • potato sac  | • surfboard cutout |
| • stick                                 | • palm trees (made out of wrapping paper rolls)     | • sea shells       |
| • bean bags                             | • hula hoops  | • beach towel      |
| • plastic cones                         | • maracas   | • hula skirt       |
| • leis                                  | • music   | • hat              |
| • beach pails                           | • paper monkeys                                     | • sunglasses       |
| • milk crate                            | • play money (penny, nickel, dime, quarter, dollar) | • Hawaiian shirt   |
| • 20 plastic crabs                      |   | • beach ball       |
| • 4-6 pieces of blue construction paper |   |                    |

**Grade Level:**

3<sup>rd</sup> – 4<sup>th</sup> Grade

40 minute P.E. Period

**NASPE Standard:**

1, 2, 5, 6

**PA Standard:**

10.3, 10.5

**Protocols:**

1. Students will not start until I say “Go”, and will switch stations every time they hear the bell.
2. Students will follow the directions at each station.
3. Students will go to the next station in order.

**Safety Procedures:**

1. Students must only do the activity provided at each station.
2. Students must be in control of their bodies throughout the whole activity.
3. Students must try to do everything correctly as to not injure themselves.

**Teaching Cues:**

1. Clap to get the students attention (they will have already learned the “clapping response”).
2. A bell will ring when it is time to switch stations.

**Managerial Strategies:**

See Attached Page.

**Warm Up: (3 minutes)**

1. Inform students about the Hawaiian tradition of a Luau.
  - a. Hawaiian Feast
  - b. Features food and entertainment, such as music and dance
  - c. Luaus are the Hawaiian's version of a party
2. Teach students how to do the hula.
3. Students will hula dance to music for 2 minutes.

**Lesson: (see attached diagrams for illustrations of each station, 29 minutes)**

1. Set up all of the stations throughout the room as shown on the managerial strategies page.
2. Use tape to draw arrows on the floor from one station to the next.
3. Place an index card with the corresponding station number on it next to each station.
4. On the back of the index card place the instructions for that station.
5. Explain to the students that they will each be at their own station...2 people should never be at the same station.
  - a. They must follow the arrows placed on the floor to get to their next station.
6. Explain that you will ring the bell to get their attention and they must stop. When the bell rings the first time they are to record their answer to the corresponding question on their paper (20 seconds). When it rings the second time, they are to clean up their station and make it look like it did when they got there (30 seconds). When it rings the third time, they can move to their next station and start.
7. Each station will take 45 seconds.

Station 1: Sandal Stretch (Flexibility)

Set Up:

1. Use tape to create two squares on the floor.
2. Use tape to place an X in between the two squares.
3. Place sandals in one square.

Lesson:

1. Stand on the X, feet flat on the floor.
2. Without moving your feet, bend sideways and pick up a sandal.
3. Bend the opposite direction and place the sandal in the other square.
4. Repeat steps 3 and 4.

Question:

1. How many sandals were you able to move?

Station 2: Fish Flop (Balance)

Set Up:

1. Draw a line on the floor using tape.
2. Place a plastic fish at one end of the line.

Lesson:

1. Stand next to the fish.
2. Pick up the fish and place it on the back of one of your hands.
3. Balance the fish while you try to walk to the line.
4. Walk to the end of the line and then back again.
5. Place the fish on the opposite hand.
6. Repeat steps 3 and 4.

Question:

1. Was it easier to balance the fish on one hand more than the other?

Station 3: Octopus Obstacle (Agility)

Set Up:

1. Using tape, draw a squiggly line on the floor.
2. Tape the word start to one end.
3. Place objects along the line.

- a. Place a stick to jump over.
- b. Place plastic cones to weave in and out of.
- c. Place an octopus bean bag to pick up and balance.

Lesson:

1. Stand at the starting line.
2. Start out down the squiggly line until you reach the first obstacle – a stick. Jump over the stick.
3. Continue down the line until you get to the next obstacle – plastic cones. Weave in and out of the cones while continuing down the path.
4. Continue down the line until you reach the final obstacle – an octopus bean bag. Pick up the beanbag and place it on your shoulder and balance it there while you finish the path.
5. Go back to the starting line if you mess up.

Question:

1. How many obstacles did you have to face?

Station 4: Lei Line (Cardio)

Set Up:

1. Place leis in a bucket, and place the bucket on the floor.
2. Place a pole 20 feet away.

Lesson:

1. Stand next to the bucket.
2. Pick up one lei and run to the pole and put the lei around the pole.
3. Run back and pick up another lei.
4. With the second lei in hand, run to the pole and put the lei around the pole.
5. Repeat.

Question:

1. How many leis were you able to put on the pole?

Station 5: Crab Carry (Muscle Strength/Endurance)

Set Up:

1. Using tape, mark an X on the floor. Place a milk crate on top.
2. Place 20 plastic crabs on the floor next to the crate.
3. Tape 4-6 blue pieces of construction paper on the floor about 20 feet away, creating the “ocean”.

Lesson:

1. Stand next to the crate.
2. Place 10 crabs into the crate.
3. Lift the crate and carry it to the “ocean”.
4. Take the crabs out of the crate and place them into the ocean. Do NOT dump them all at once.
5. Carry the crate back to the other crabs.
6. Pick up 10 more crabs and place them into the crate.
7. Repeat steps 3 and 4.
8. Carry the crate back to the X.

Question:

1. How many crabs did you carry to the ocean in total?

Station 6: Flying Flower (Power)

Set Up:

1. Using tape draw a line on the wall vertically.
2. Tape hibiscus flower cutouts along the line. Each flower should have a number on it. Place the flowers with the lowest number at the bottom of the line, and the highest at the top.

Lesson:

1. Stand in front of the line.
2. Jump as high as you can touching the highest flower on the wall you can.
3. Continue until time runs out.

Question:

1. What was the highest number you reached?

Station 7: Limbo Lane (Flexibility)

Set Up:

1. Set up a limbo.

Lesson:

1. Stand in front of the limbo stick.
2. Lean back and walk under the stick, making sure not to touch the stick or the floor.
3. Lower the limbo stick.
4. Repeat step 2.
5. Repeat step 3.
6. Continue until time runs out.

Question:

1. How low were you able to without falling or bumping the stick?

Station 8: Aloha Hop (Balance)

Set Up:

1. Use tape to draw out a zig zag pattern on the floor, approximately 20 feet in length.
2. Place a potato sack next to one end.

Lesson:

1. Pick up the potato sack and step inside.
2. Hold the potato sack with both hands, one on either side, and begin to hop.
3. Follow the path that is drawn on the floor to reach the end.
4. Once you reach the end of the line, turn around, and hop back to the start.

Question:

1. Was it easy or hard to keep your balance while hopping down the line?

Station 9: Palm Tree Pathway (Agility)

Set Up:

1. Create palm trees out of wrapping paper rolls.
2. Hang palm trees from the ceiling in a zig zag pattern.

Lesson:

1. Starting at one end, weave in and out of the palm trees as you run forward.
2. Try not to hit any. If you DO hit a palm tree, go back to the beginning and start again.
3. Once you get all the way through without hitting any trees, go back to the beginning and start again.
4. Continue until time runs out.

Question:

1. How many times were you able to make it all the way through?

Station 10: Hula Hoop Happiness (Cardio)

Set Up:

1. Place a hula hoop on the floor.

Lesson:

1. Pick up the hula hoop and begin to hula hoop.
2. Hula hoop in one direction.
3. When you mess up and the hula hoop falls, try hula hooping in the opposite direction.
4. Continue until time runs out.

Question:

1. How many times did you switch direction?

Station 11: Maraca Madness (Muscle Strength/Endurance)

Set Up:

1. Place maracas on the floor.

Lesson:

1. Pick up maracas and play along with the beat of the music.
2. Continue until time runs out.

Question:

1. Was the beat of the music fast or slow?

Station 12: Monkey Money (Power)

Set Up:

1. Tape paper monkeys to the floor.
2. Tape a piece of money (penny, nickel, dime, quarter, and dollar) to the monkey.
3. Make sure to tape the money down securely and in an order that the students would be able to jump.

Lesson:

1. Starting at the monkey with a penny, jump from the first monkey to the next.
2. Go in the order of how much the money is worth. Start with the lowest amount and end with the highest amount.
3. Once you go from low amount to high amount, try going in the opposite direction.
4. Continue until time runs out.

Question:

1. How much money was taped to the floor in total?

Station 13: Coconut Count (Flexibility)

Set Up:

1. Tape a coconut tree to the wall.
2. Tape paper coconuts next to the tree.
3. Place a piece of tape on the floor in front of the tree, about 2 feet away.
4. Using the tape, draw a rectangle on the wall at the bottom of the tree.

Lesson:

1. Stand with your feet on the line.
2. Without moving your feet, reach forward and grab a coconut off of the wall.
3. Without crouching down, bend over and place the coconut in the square on the wall.
4. Continue until time runs out.

Question:

1. How many coconuts were you able to move to the square?

Station 14: Surfboard Stand (Balance)

Set Up:

1. Tape a cutout of a surfboard to the floor.

Lesson:

1. Stand on the surfboard.
2. Lift one leg up and count to 15.
3. Place your leg back on the surfboard.
4. Lift the opposite leg up and count to 15.
5. Place your leg back on the surfboard.

Question:

1. Which leg was easier to balance on? (right or left?)

Station 15: Seashell Scramble (Agility)

Set Up:

1. Scatter seashells on the floor.
2. Place a beach towel somewhere next to the seashells.

Lesson:

1. Pick up one seashell and run to the towel and place it on the towel. Do NOT drop or throw the seashell.
2. Run back and grab another seashell and place it on the towel.
3. Continue until time runs out.

Question:

1. How many seashells were you able to place on the towel?

Station 16: Costume Challenge (Cardio)

Set Up:

1. Draw a large oval with tape on the floor.
2. At one end of the oval, place a hula skirt, hat, sunglasses, Hawaiian shirt, and lei.

Lesson:

1. Run around the oval.
2. When you finish your first lap, and return to the pile of clothes, pick up one garment and put it on.
3. Run around the oval again.
4. When you complete that lap, pick up another article and put it on.
5. Continue until time runs out.

Question:

1. How many things did you get to put on?

Station 17: Bucket Builder (Muscle Strength/Endurance)

Set Up:

1. Place a pole on the ground.
2. Place a few beach pales on the ground next to it.

Lesson:

1. Pick up 2 pales and slide them onto the pole.
2. Lift the pole up and set it back down.
3. Pick up 2 more pales and slide them onto the pole.
4. Lift the pole up and set it back down.
5. Continue until time runs out.

Question:

1. How many pales were you able to lift at once?

Station 18: Beach Ball Blast (Power)

Set Up:

1. Tape a line on the floor.
2. Place a beach ball at the line.
3. Place a large bucket about 15 feet away on its side.

Lesson:

1. Kick the beach ball towards the bucket.
2. See if you can get the ball into the bucket.
3. If you miss go and get the beach ball, bring it back to the line and try again. If you succeed, go and pick the beach ball out of the bucket and take it back to the line and try again.
4. Continue until time runs out.

Question:

1. How many times did you get the beach ball into the bucket?

**Wrap Up: (3 minutes)**

1. Can you name some of the activities that you did today?

- 
2. Which activities do you think you would find at a Luau in Hawaii?

Name \_\_\_\_\_ Date \_\_\_\_\_

Fitness Circuit – Luau Party  
Question Sheet

**Station 1: Sandal Stretch**

How many sandals were you able to move in 40 seconds? \_\_\_\_\_

**Station 2: Fish Flop**

Was it easier to balance the fish on one hand more than the other? \_\_\_\_\_

**Station 3: Octopus Obstacle**

How many obstacles did you have to face? \_\_\_\_\_

**Station 4: Lei Line**

How many leis were you able to put on the pole? \_\_\_\_\_

**Station 5: Crab Carry**

How many crabs did you carry to the ocean in total? \_\_\_\_\_

**Station 6: Flying Flower**

What was the highest number you reached? \_\_\_\_\_

**Station 7: Limbo Lane**

How low were you able to without falling or bumping the stick? \_\_\_\_\_

**Station 8: Aloha Hop**

Was it easy or hard to keep your balance while hopping down the line? \_\_\_\_\_

**Station 9: Palm Tree Pathway**

How many times were you able to make it all the way through? \_\_\_\_\_

**Station 10: Hula Hoop Happiness**

How many times did you switch direction?  
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**Station 11: Maraca Madness**

Was the beat of the music fast or slow? \_\_\_\_\_

**Station 12: Monkey Money**

How much money was taped to the floor in total? \_\_\_\_\_

**Station 13: Coconut Count**

How many coconuts were you able to move to the square? \_\_\_\_\_

**Station 14: Surfboard Stand**

Which leg was easier to balance on? (right or left?) \_\_\_\_\_

**Station 15: Seashell Scramble**

How many seashells were you able to place on the towel? \_\_\_\_\_

**Station 16: Costume Challenge**

How many things did you get to put on?

\_\_\_\_\_

**Station 17: Bucket Builder**

How many pales were you able to lift at once? \_\_\_\_\_

**Station 18: Beach Ball Blast**

How many times did you get the beach ball into the bucket? \_\_\_\_\_

