Name/Title: Pick Up Sticks

Purpose of Event: To reinforce fundamental motor skills (run, jump, hop, gallop, slide, leap and skip) and exercises-Watermelon Jack (jumping jacks), Cauliflower Power (push-ups), Raisin Bread (sit-ups), Crab-by Kick (crab kick), and Move n' Milk (walking hands and feet).

Suggested Grade Level: 3-5

Materials Needed:

Poly spots (number depends on the size of the class)
Pool noodles (12-24)
Printed exercise activity cards (included in lesson)

Description of Idea

Poly spots are placed on one end of the activity area (see diagram below). Noodles are placed in the middle of the floor (stacked on each other-two stacks can be created if the class size is larger). Exercise activity cards are placed on other side of the activity area.

Students are separated into teams of three or four. One of the players stand on a polyspot; the other players line up behind the first player.

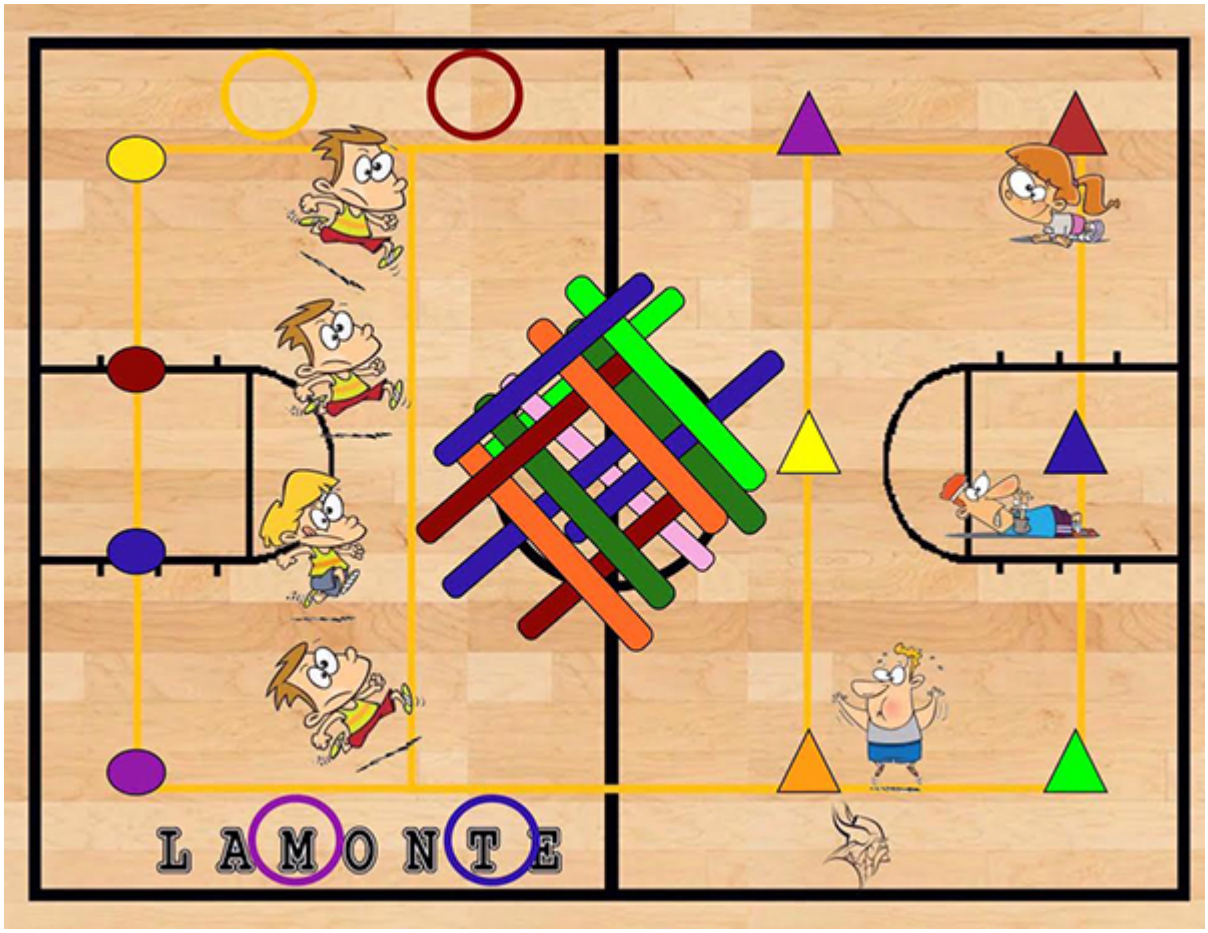
On a signal, the first player "runs" (using cues previously taught in a lesson) to the where the noodles are stacked (change the fundamental motor skill when new games start-jump, hop, gallop, slide, leap, and skip). The teacher reinforces the cues used to teach the skill of running.

Players try to pick up one stick (noodle) without other sticks moving. If they complete this task, they return their stick to where their teammates are waiting and are rewarded (allowed to go to the exercise activity station and perform "one" of the illustrated activities for "one" minute). As soon as the stick is brought back to their teammates, the next player in line takes their turn by running to the stack of sticks and a try to pick up one stick.

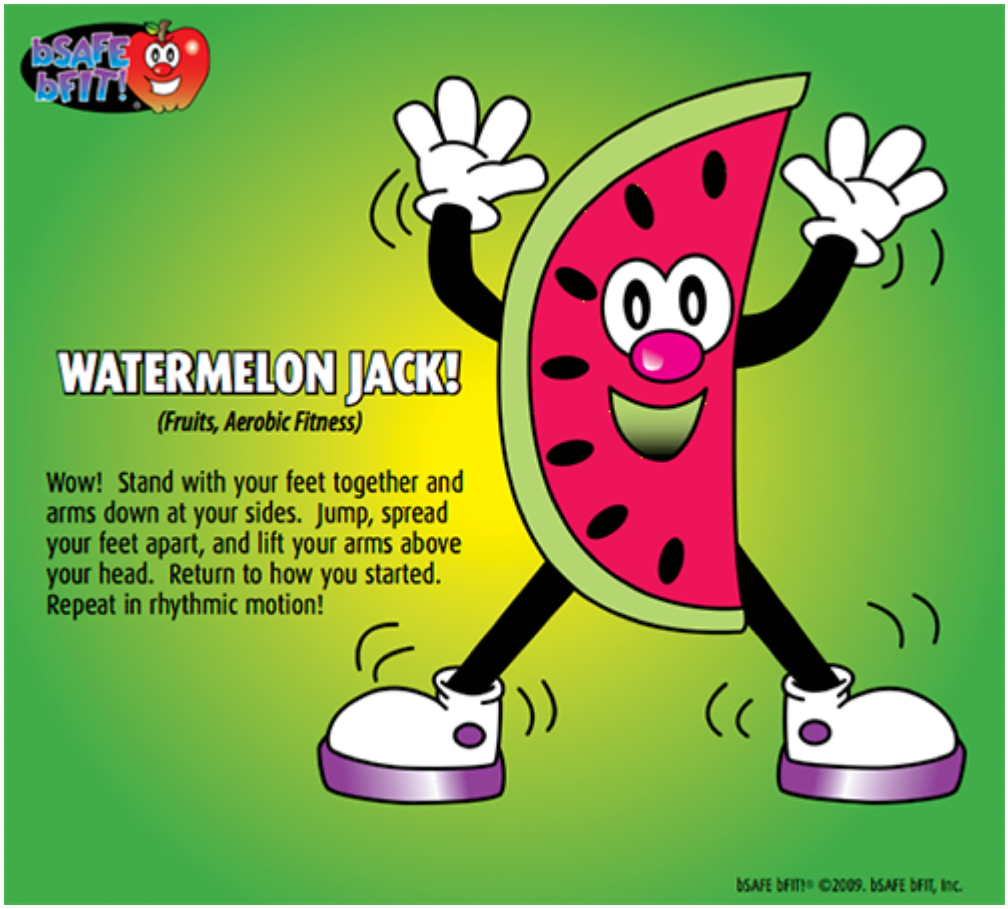
If other sticks move when they try to pick up a stick, they put the stick back and return to their teammates. As soon as they return, the next player in line takes their turn.

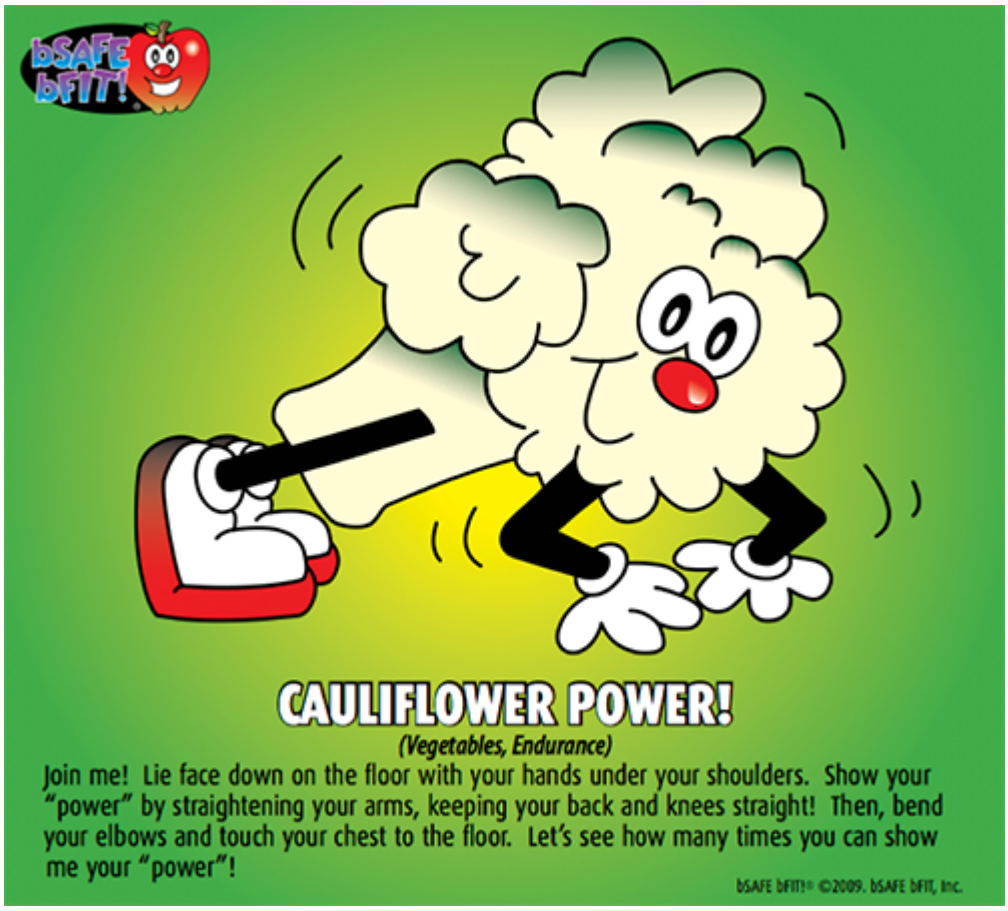
The activity continues until all of the sticks are collected by teams.

Diagram



Characters


WATERMELON JACK!
(Fruits, Aerobic Fitness)
Wow! Stand with your feet together and arms down at your sides. Jump, spread your feet apart, and lift your arms above your head. Return to how you started. Repeat in rhythmic motion!
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CAULIFLOWER POWER!
(Vegetables, Endurance)
Join me! Lie face down on the floor with your hands under your shoulders. Show your "power" by straightening your arms, keeping your back and knees straight! Then, bend your elbows and touch your chest to the floor. Let's see how many times you can show me your "power"!
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RAISIN OR RAISE n' BREAD!

(Grains, Endurance)

You can call me Raisin Bread or you can call me Raise n' Bread! Lie on your back with your feet flat and knees bent. Place your arms across your chest with your hands holding your shoulders. Challenge yourself and "raise" up until you touch your elbows to your knees! Lower yourself until you are how you started. How many times can you "raise" and lower?

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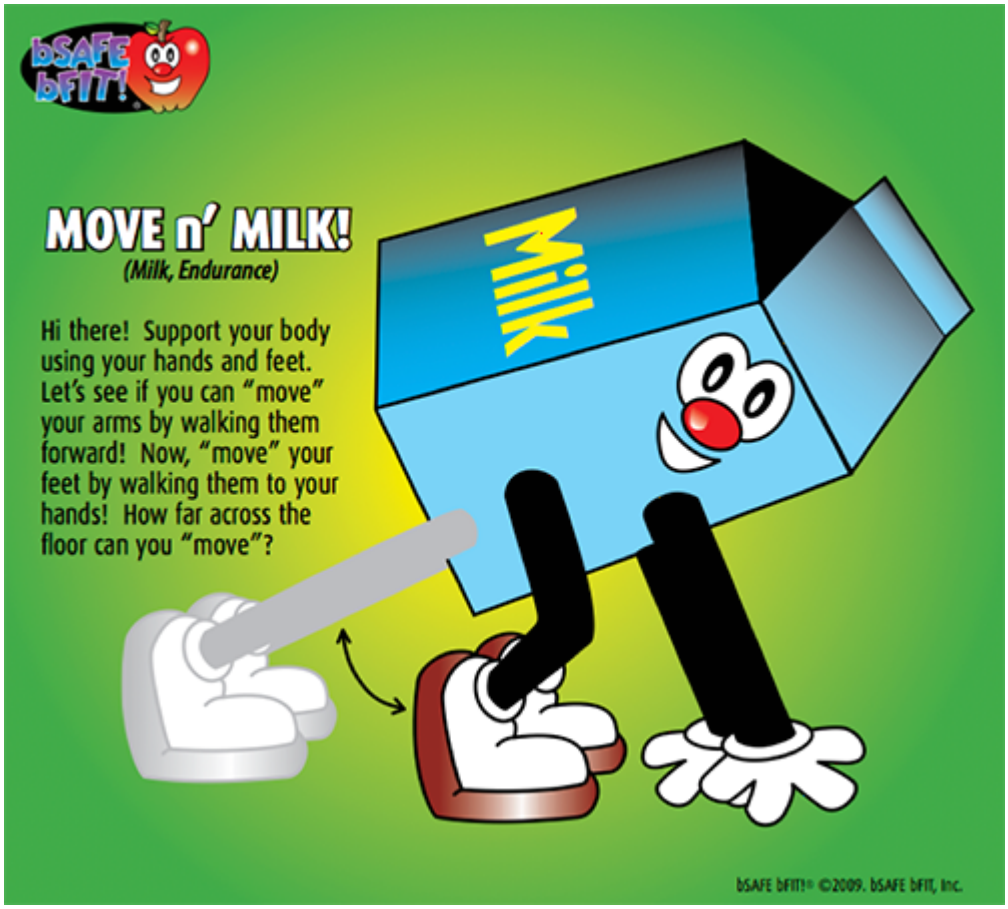


CRAB-BY KICK!

(Meat and Beans, Endurance)

You can call me "crabby" even though I'm not! Support your body using both hands and feet, with your stomach facing the sky. Keeping your seat (glutes) up, "kick" your right leg up, then "kick" your left leg up! What happens when you keep "kicking"?

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Submitted by **Drew Burris** who teaches at La Monte R-IV School District in La Monte, MO. Thanks for contributing to PE Central! **Posted on PEC: 4/6/2017**.

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