

Name/Title: Scooter Bring Back

Purpose of Event: A fun way to work on strength by carrying objects, can be included as a station or one component of a strength workout.

Prerequisites: Riding a scooter

Suggested Grade Level: all

Materials Needed: 1 scooter for each team of 2, various sized equipment of differing weights. E.g., 50 tennis balls, aerobic steps, car tire, large cones, ping pong balls, any objects will work.

Description of Idea

Split your class into groups of two or three. (You can have a lot of groups spread out across the floor.) Each team will have a scooter. Have students use the scooter to travel to the other side of the gym and pick up one of the objects that has been placed there. They will attempt to bring it back. If the object is dropped, they must go back to the place they picked it up and start over. This is why you would want large objects. The students work on muscular strength when carrying the objects, and while they are pushing themselves on the scooter. It's good to have the students talk in their groups, so they have a plan of who will pick up what item. This is a great warm-up, and should only take 5-10 minutes.

Variations:

Have students hold the objects straight out in front of their bodies.

Assessment Ideas:

Ask what fitness component that activity worked on. Have them give other activities that work on muscular strength.

Teaching Suggestions:

Spread the lighter equipment farther from where groups start than the heavy equipment.

Adaptations for Students with Disabilities:

Student in a wheelchair could just use his/her chair, and have a buddy help pick up the objects if necessary. Other students (visually impaired) can have a partner talk them through the activity.

Submitted by **Richard Berkley** who teaches at Frostburg State University in Meyersdale, PA. Thanks for contributing to PE Central! **Posted on PEC: 12/29/2001.**

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