

Name/Title: Freeze and Thaw Continuous Tag

Purpose of Event: A winter warm-up activity to increase the heart rate and warm-up the large muscles using holiday story characters.

Prerequisites: Being able to move safely in a large space. Ability to perform a variety of locomotor movements.

Suggested Grade Level: 3-5

Materials Needed: 3-4 blue vests and blue yarn balls; 3-4 red hula hoops; a large rectangular space

Description of Idea

The majority of the students in the class are "Snow Angels." They are fleeing from 3-4 "Jack Frosts," who are wearing blue vests and holding blue yarn balls for tagging. (I use the color blue to resemble "cold.") When a "Snow Angel" is tagged by "Jack Frost," (s)he must freeze until a "Heat Meister" comes to unthaw them. The "Heat Meister" raises the red heat wand (hula hoop) above the head of the "Snow Angel" and lowers it slowly to the floor with the "Snow Angel" in the middle of the hula hoop (heat wand). When the heat wand gets to the floor, the "Snow Angel" may step out and get back into the game.

Assessment Ideas:

At the end of the instant activity period, have the students check their pulse.

Teaching Suggestions:

Switch "Jack Frosts" and "Heat Meisters" often.

"Jack Frosts" are not allowed to tag "Heat Meisters."

"Jack Frosts" cannot stand and wait for a "Heat Meister" to unthaw a "Snow Angel."

Adjust the number of "Jack Frosts" and "Heat Meisters" due to the number of students in the class.

Adaptations for Students with Disabilities:

Any students who have difficulties moving, including those students in wheelchairs, enjoy being "Heat Meisters."

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