

Name/Title: Racing to Rudolph

Purpose of Event: Students will practice sequencing, eye-hand coordination, underhand tossing to a target, and general-space awareness while moving at different levels and directions.

Prerequisites: Students need to have the knowledge of scooter safety.

Suggested Grade Level: K-5

Materials Needed: a cone, scooter, hula hoop, and bucket or coffee can for each group of 3 students, numerous bean bags for each group

Description of Idea

Set up: Set cones on the end line at one end of the gym for the starting point for each group. Place hula hoops at half-court for each "Rudolph" to stand in and place a coffee can or bucket about 3-4 feet beyond the hoop for Rudolph to toss the bean bag into.

Directions:

After getting the students into groups of three, tell them that Rudolph is preparing for his big night to guide the sleigh. He needs as much food as he can get so he can be strong. He can only eat what food he has in his bucket (or coffee can). Rudolph cannot get out of his "pen" to get a bean bag and retry the throw. Of the three in the group, one will start out as Rudolph and stand inside the hoop at mid-court. The other two reindeer will be at the starting cone and take turns riding the scooter to Rudolph, delivering one bean bag (food item) and handing it to Rudolph. Rudolph will then turn towards the can or bucket and attempt to toss it in. The reindeer that is on the scooter will scoot back to the cone so the next reindeer can go. Continue until all the bean bags have been tossed. Count to see which group has the most bean bags in the bucket. Repeat the game with a new Rudolph for each group and continue playing until each student has had a chance to be Rudolph, tossing the bean bags into the bucket.

Assessment Ideas:

Ask the students: "Which way is better to travel on the scooter, forward or backward?" "Why?" (Forward - They can see where they are going, and it works your legs more. Backward - You can go a lot faster but don't know when to stop.) Ask Rudolphs: "When you missed the can did you figure out what you did wrong?" "Did you throw it too soft or too hard and had to adjust?"

Adaptations for Students with Disabilities:

If a student is in a wheelchair, the chair could be the scooter or they could be Rudolph. For blind students, beeper boxes can be used to indicate where the bean bag should be tossed

towards.

Submitted by **Brian Adams** who teaches at Johns Elementary in Arlington, TX. Thanks for contributing to PE Central! **Posted on PEC: 1/11/2007.**

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