Name/Title: Exercise Eggs

**Purpose of Event:** To incorporate previously learned skills into a fun activity, allowing for the observation of those skills, while offering opportunities for students to show cooperation by working together.

**Prerequisites:** Proper throwing techniques, jump rope skills, locomotor skills, and hand-eye coordination.

**Suggested Grade Level:** 3-5

**Materials Needed:** Plastic eggs, playground balls, beanbag bunnies, soft balls, blow up bunny, blindfolds, pulse sticks, baby rubber frogs (or bean bags), jump ropes, polyspots, CD player and holiday music.

**Description of Idea**

Set up:
Divide students into eight groups. The stations should have an even number of students if possible. For an odd number, three students can work together. For each station, have at least three plastic eggs with instructions inside for each station activity. Each egg will have a variation of the activity and the students should try to complete all three variations if time allows. A 25-minute class period would allow for three minutes at each station or one minute for each activity. The instructions for each activity can be copied from this lesson page and cut into slips of paper to insert into the eggs.

Instructions for Stations:
Station 1: Eye Hand Coordination
a) Place a beanbag bunny on a playground ball and drop the ball. Have your partner catch the bunny when it flies into the air. Now switch.
b) Place a beanbag bunny on a playground ball and drop the ball. Have your partner turn around once and catch the bunny when it flies into the air. Now switch.
c) Place a beanbag bunny on a playground ball and drop the ball. Have your partner clap twice and catch the bunny when it flies into the air. Now switch.

Station 2: Blind Toss
a) Toss a ball at the blow up bunny from behind the poly spot.
b) Toss a ball at the blow up bunny from behind the poly spot while wearing a blindfold.
c) Toss a ball at the blow up bunny from behind the poly spot while wearing a blindfold, after spinning around twice.

Station 3: Laps
a) Jog 3 laps around the perimeter of the gym.
b) Skip 3 laps around the perimeter of the gym.
c) Walk backwards one lap around the perimeter of the gym.

Station 4: Refresh and Relax
a) Quietly get a drink.
b) Take 4 deep, slow breaths, raising arms as you breathe in, and bringing arms down as you breathe out.
c) Do various stretching exercises you know, moving slowly.

Station 5: Jump Rope
a) Demonstrate your favorite single bounce jump rope skill.
b) Jump rope for one minute forwards on one foot or two feet.
c) Jump rope backwards for one minute.

Station 6: Animal Walks
a) Crab walk across the floor while balancing a baby frog (or bean bag) on your stomach.
b) Bear walk across the floor while balancing a baby frog (or bean bag) on your back.
c) Seal walk across the floor while balancing a baby frog (or bean bag) on your head.

Station 7: Heart Rate
a) While sitting, take your pulse using the pulse stick or finding your pulse and watching the second hand on the clock. Take the pulse for 6 seconds and add a zero.
b) After running in place for 15 seconds, take your pulse using the pulse stick or finding your pulse and watching the second hand on the clock. Take the pulse for 6 seconds and add a zero.
c) After doing 20 jumping jacks, take your pulse using the pulse stick or finding your pulse and watching the second hand on the clock. Take the pulse for 6 seconds and add a zero.

Station 8: Jumping, Hopping, and Leaping
a) Jump across the floor, two-feet take-off and two-feet landing, like the Easter (Holiday) Bunny.
b) Leap across the floor, taking 4 running steps, then a leap.
c) Hop across the floor, on your preferred foot. Switch to the other foot when you return.

Assessment Ideas:
You can assess the students either by walking around during the activities and asking the following questions to individuals, or ask the group at the end of class as a closing activity to reflect on what was accomplished.
Questions:
1. Did your partner help you be successful today?
2. Were you a good teammate?
3. What activity worked on helping you get better at hand-eye coordination?
4. What activity helped you gain muscular strength?
5. What activities were aerobic activities?
5. What did you like about the activity?
6. What did you not like about the activity?

Adaptations for Students with Disabilities:

Jump/step over a line instead of jumping rope at station 5.
Move closer to the bunny at station 2.
Have someone help them hold the ball at station 1.

Submitted by Jim Brown who teaches at Slate Creek Elementary in Newton, KS. Thanks for contributing to PE Central! Posted on PEC: 7/25/2007.
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