Name/Title: Give Thanks Warm-up

Purpose of Event: To warm up for a lesson while getting into the spirit of Thanksgiving.

Suggested Grade Level: 3-5

Materials Needed: poster with the words "Give Thanks" and a quick description of each activity, mats for performing the "inchworm"

Description of Idea

Students will complete a different warm-up activity for each letter of the words "GIVE THANKS." These can be done together with directions given verbally by the teacher, or self-directed with each student completing the exercises on their own.

G: GRAPEVINE - Grapevine to the opposite endline and back (or gallop for younger students).

I: INCHWORM - Move from endline to midline like an inchworm (lying on stomach, walk feet up toward hands until your body forms a "V", then walk hands out again, or try the breakdance move: "The Worm").

V: V SIT - Stretch for the count of 15, two times.

E: ENCOURAGE SOMEONE - Shake hands with at least 2 people and encourage them by giving them a compliment.

T: TOE TOUCHES - Touch your toes ten times.

H: HIGH FIVE - Give everyone in class a high five as quickly as possible.

A: ARM CIRCLES - Circle arms 10 times forward and 10 times backward.

N: NECK STRETCHES - Tip head to one side (ear to shoulder) slowly, then to the other side, 10 times.

K: KNEE LIFTS - Lift right knee then left knee, 10 times each.

S: SKIP - Skip one lap around the gym.

Variations:

For younger students, the gallop could be used instead of the grapevine.

Assessment Ideas:

Use a checklist to see if students can perform skipping and the grapevine correctly.

Adaptations for Students with Disabilities:

Students with wheelchairs can substitute the locomotor skills of grapevine and skipping by moving the wheelchair (alone or with a peer or paraprofessional). Inchworm can be substituted with an "arm crawl" along a wall, by moving fingers and upper arm, inching along. The V sit can be substituted with an arm stretch. The other activities can be performed from the chair.

Submitted by **Lisa Dess** who teaches at Dulce Elementary School, Dulce, NM in Pagosa Springs, CO. Thanks for contributing to PE Central! **Posted on PEC: 2/5/2010**.

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