

PE Activity: Get Up and Go Go!

Supplies Needed for a Class of 25:

- 2 to 4 Rubber balls (balls should be large enough to prevent head on collisions and stepped on hands)
- Music

Length of Time to Complete:

- 5 minutes to introduce activity
- 10-15 minutes to play the game

Audience (grades): 3rd – 5th

Lesson:

Raise your hand if you can tell me what the term “screen time” means.

(It means the amount of time someone spends watching television, playing videogames or playing on the computer.)

Did you know that the average person spends 41 ½ hours per week watching T.V. and playing video games? That’s almost 3 months of straight screen time!

When we watch T.V. or play video games we are usually not very active. Sometimes, we also tend to eat a lot while we are sitting around. If we don’t get out and play, all this extra food we eat can cause us to gain weight.

Here’s another thing to think about. If we spend a lot of time watching television or playing video games alone we can become distracted and forget to do our school work or forget to spend time with friends or our family.

What this means is that we should limit our screen time to two hours or less per day. Raise your hand if you can give me an activity you can do that does not involve screen time.

(Be more active and play outside, read a book, learn how cook, play a board game with friends or family, develop a new hobby, join a sport, listen to music, etc.)

Today we are going to play a game called Get Up and Go Go! This game is a great way of getting up and moving around and playing with friends instead of sitting down watching television or playing video games alone.

Set- Up:

- Have music cued.
- Have two balls ready.
- Spread students out in the gym.

Rules:

- The objective is to run around the gym and try not to get tagged with a ball.
- Teacher places two balls on the ground and then hits one at a time with their hand, aiming at someone's feet. Once the balls are live, anyone can take aim at another person's feet. The ball should always be on the floor, and it should only be hit by your hand at another person's feet.
- Do not pick up any of the balls and do not kick any of the balls.
- If feet are hit, the hit person should go to a designated area (side of the gym) and do 25 jumping jacks. After the jumping jacks, they can come back in a join the game.

Variations:

- Instead of using hands use pool noodles or field hockey sticks to hit the balls.
- Play a modified version of dodge ball.