Fed Ex Special Delivery

1. Have students separated into two teams standing in a relay line formation, as this game serves as a team relay. Objective is to be the first team to deliver all their packages (32).
2. First person in line gets on scooter and rides it through cones (muscular strength & endurance). The student then goes to their team’s crate and picks an envelope of their choice. Student opens the envelope without tearing it and sees what their task that they have to complete is. The student must take the envelope with them to whatever station they go to and leave it there once they complete the task. (Make sure they put the task sheet back in the envelope). Once they have finished the task they go back to the scooter and ride it to their team’s line so the next person can go.
3. If a student opens their envelope and sees an exercise to complete, then they go to the “Fitness Zone”. (Jump rope, biceps curls, jumping jacks, push-ups, sit-ups, run in place, body squats)
4. If a student gets a speed stack cup task, then they go to the “Speed Stack Cup Zone”. If a student gets a basketball task, then they go to the “Basketball Zone”. If a student gets a beanbag task, such as toss and catch a beanbag and complete the beanbag toss, then they go to the “Beanbag Zone”. If a student gets a task card that has the name of a City/State on it then they must match it up with the cone that has the same exact name/picture on it. Students that get a writing or math task must go to the correct zone and answers must be checked with the teacher before they can leave.
5. If you complete the game and still have ample time left, then reset the envelopes and do another round. If there is not enough time to do another round, then have an extended closure in which you ask lots of questions and have students engaged in group discussions on things included in the lesson, such integrated materials.
6. Possibly have an exit slip quiz in which students write down one they learned.