

FITNESS MARKER HUNT



PE STANDARDS

Standard 2. Concepts and Strategies

- Movement Concepts, Principles and Knowledge
- Strategies and Tactics

Standard 3. Health-enhancing level of fitness and physical activity

- Physical activity knowledge
- Engages in physical activity
- Fitness knowledge

Standard 4. Responsible personal and social behavior

- Demonstrating personal responsibility
- Accepting feedback
- Working with others
- Following rules and etiquette
- Safety

Standard 5. Recognizes the value of physical activity

- For Challenge
- For Self-Expression/Enjoyment



Intro to Activity

Set the mood of the activity by talking to the students about a Treasure Hunt? What is a Treasure Map? Talk to them about how their map is going to lead them to the treasure at the end. That there is 10 clues to find the treasure. Introduce to the Students the game called “Fitness Marker Hunt”



Concept/Skills Development and Application:

Introduce lesson: Stimulate curiosity and motivation to learn

- 1. “How many of you know what a Treasure Map is?”**
- 2. “What do you do when you do find the color marker you are looking for?”**
- 3. “Have you ever been on a treasure hunt or gone exploring?”**
- 4. “What type of skills do you think you are going to have to use to find all the markers in a row to finish the treasure map?”**
- 5. “What are different ways to show sportsmanship during the activity?”**
- 6. “When the whistle blows, what do we do?”**

Concept/Skills Development and Application:

Provide an example of appropriate basic, mature, or combination of mature skills and sportsmanship

Teacher and Instructional Aide will demonstrate the proper way to do all activities.

IA will demonstrate how to do activities with students having difficulties.

At the end of activity have students use good sportsmanship with friends and tell them that they did an excellent job.

EQUIPMENT



Every cone you have. I play with 200 cones. Min 100 cones all sizes



I play with 2 boxes of markers (10 total colors) 2 of each color. You can use crayons but they break. I also tape the lids of the markers to the marker itself.



4 colors of construction paper
Each piece of paper will be cut into 4s. Saves paper. Enough paper for 1 piece for every 2 students.



Treasure Map Key
Made by taking the color paper kids are looking for and putting the colors in some random order for them to find.

Example Teacher Treasure Hunt Key



White Paper

- | | |
|-----------|-----------|
| 1. Red | 6. Blue |
| 2. Green | 7. Orange |
| 3. Black | 8. Brown |
| 4. Yellow | 9. Grey |
| 5. Purple | 10. Pink |

Switch order of the other 3 pieces of colored paper and have all 4 readily available to give students next color once they find the 1st one.

PROCEDURES



Procedures

Step 1. Spread cones throughout the playing field at random. The playing field can be the gym, outside on your field. I use my whole field. (I get students to help me put out the cones in the morning since I am putting out over 200 cones.)

Step 2. Under specific cones put a colored marker under it. (Leave some cones without markers under them so they are "decoys"). Do not put markers out early or the students will take them, pick them up before lunch and put them out after recess. The second set of markers are if someone runs off with one.

Step 3. Students get into small groups of 2. Give one student in each group a colored card and assign groups "**1**" color of marker to find. Example- Blue Paper- find Blue, Red Paper- find Red, White Paper- find Green, Yellow Paper- find Brown

Step 4. All members can search for the color, but must come together as a group while marking the color on the team card. Students may not run with the marker or yell where the marker is or they have to start over. Younger students will take the marker more than the older students. Students might bring you the marker and you will have to rehide it.

Step 5. On the teachers start, students will walk into the playing area, lifting the cones and placing them back. Students may not kick down the cones or knock them over. Once a team finds the correct color they are looking for they will mark their paper with only that color. They will put the cap back on the marker and run back to the teacher to receive the 2nd color. Rinse and Repeat until all 10 are found in order.

Step 6. Once a team has found all 10 colors in the correct order that you give them, they win.

Extras:

Group members must work together and must show the teacher their card together in order to receive the next assigned color.

Students need to leave the markers under the cones and put the marker lids back on.

Have the students take their heart rate before and after the activity

Conduct skills-based assessments of evaluations

Teacher will offer feedback to all students

Teacher and IA will provide one-on-one instruction to students who need further assistance

Teacher will ask questions on what was difficult or what they need more practice on so they can give students more time to achieve their personal goals.

Summary

Previously Taught Skills, Rules, Vocabulary

1. “Today we learned “what” activity _____.”
2. “What other activities may use the same skill?”
3. “What are the rules that we covered in the activity today?”
4. “What vocabulary words did we use today?” Any new ones?
5. “How would you assess yourself? What do you need more practice on?”
6. “What are ways you used teamwork today?” How would you change it?

WHY!!

What are we learning? Why are we learning it? How do you know you learned it?



THE END!!!!!!