MUSCLE MAKE IT, TAKE IT

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objectives/purpose:

Muscle Make It, Take It is a partner game combining physical skills (i.e. kicking) with Muscular System concepts. Partner groups will use communication and problem-solving skills as they work together to build a Muscle Poly Body.

grade level: 2-8

materials/equipment (for 12 participants):

- 6 Muscle Man Puzzles ***(21169)***
- 6 Poly Bone Body Puzzles ***(21005)***
- 6 Hoops ***(14034)***
- 6 RuffSKIN™ Tchoukballs ***(00000)***
- 1 TriGoal™ ***(16580)***
- Poly Spots (18 red, 18 orange, 12 yellow, 12 green, 12 blue and 12 purple ***(21093)***

set-up

Before students arrive set the Tri-Goal in the center of the playing area. On each baseline of the gym, set out 3 hula hoops. In each hula hoop, place all of the pieces for 1 Muscle Poly Body and 1 Ruffskin Tchoukball. Inside the playing area, randomly spread out all the poly spots.

sequence of events:

The object of the game is to be the first partner group to correctly put the Muscle Poly Body together.

- Divide the class partner groups. Send each partner group to a hula hoop.
- When the music starts partners will take turns dribbling their ball with their feet to any poly spot. They will trap the ball on the poly spot and take 1 shot toward the goal.
- If they make it in the goal, they will take the poly spot back to their hula hoop AND put 2 pieces of the Muscle Poly Body together. THE 2 PIECES MUST MATCH THE COLOR OF THE POLY SPOT THEY EARNED (i.e. if the person brings back an orange poly spot, the group must get 2 orange pieces of the Muscle Poly Body from their hula hoop).
- If they miss the shot, they DO NOT bring the poly spot back and THEY DO NOT earn any pieces of the Muscle Poly Body.
- Some Muscle Poly Body colors have an odd number, if this is the case, the partner group must still earn poly spots to get the pieces (i.e. There are 3 green pieces of the Muscle Poly Body. Partners need 2 green poly spots to get all 3 pieces).
- Play continues until one partner group correctly builds their Muscle Poly Body.

rules of the game/safety:

- Students will be moving in various directions. Remind them to look out for one another.
- Students may not interfere with another groups Ruffskin Tchoukball.
- There is no defense in this game.
- Each time a player dribbles to a poly spot, they get 1 shot. Make it or miss it, they must return to their hula hoop and take turns with their partner.
- Students may not move the poly spots.

variations:

- When planning for your class, you will need more equipment based on the number of students.
- Change the skill (throw, roll, frisbee throw, hockey, etc.)
- Play the same game using Skeletal Poly Bodies.

references:

"Make It, Take It" was originally viewed on Twitter by Mike Graham. Follow Mike @pe4everykid.

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