

Palos Sports

Slick Kick



Tag



P: 1-800-233-5484 F: 1-877-800-5973 www.palossports.com

objective:

Players will either be kicking the Super Pucks trying to hit others in their feet or trying to avoid being hit.

grades:

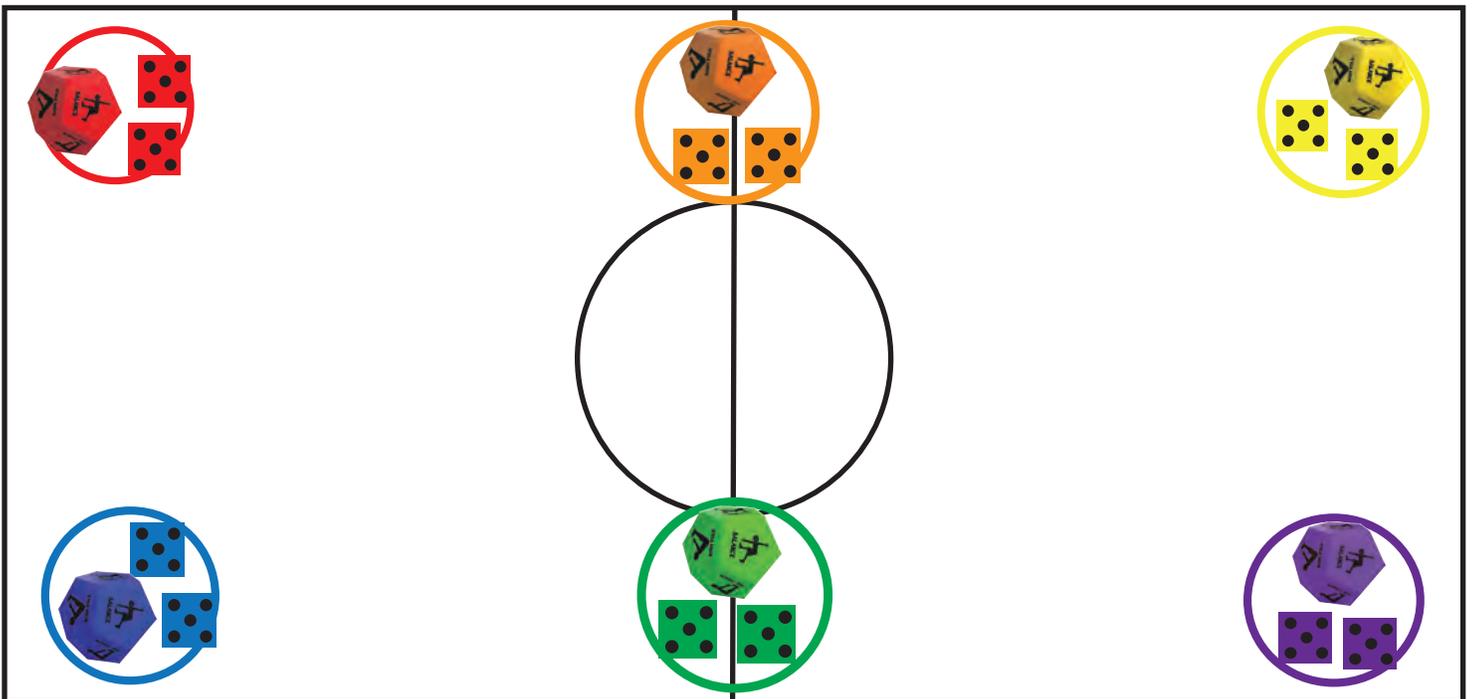
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materials/equipment:

- The Zone Super Straps and Flags 36 Class Pack (the Super Puck is made from the Super Strap by coiling it around and velcroing it) (32667)
- 1 Set of Exerdice (16982)
- 6 Skinny No Kink Hoops (14029) (1 of each color)
- 2 Sets of Foam Dice (15034)

set-up:

Place the 6 hoops evenly spaced around the perimeter of the playing area. Inside each hoop should be one Exerdice and two foam dice. Select 6 students to be "it" and place the 6 Super Pucks in the center of the gym or playing area with them. The remaining students should scatter and wait for the game to start.



rules of the game/safety:

On the start signal, the 6 players with the Super Pucks will chase the others around using soccer skills attempting to kick the Puck so it slides making contact with their feet. If a player is hit on their feet, they find the closest hoop on the perimeter. They will roll the Exerdice and two foam dice. The students will perform the total of the two dice of the exercise that appears on the Exerdice. When finished that student may rejoin the game.

Presented by:

The Illinois Fab 4 Presenter Team

Kelly Zerby - Jefferson Elem DeKalb School District 428

Cindie Cortinas - Washington Elem Elgin School District U-46

Bo Phillips - Salt Creek Elementary CCSD59

Illinoisfab4@gmail.com



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