

Physical Education

Waiver Day Lesson

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Standards: Standard 1

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Grade Level: K-5

Time Constraints: 5-10 minutes

Equipment Needed: 24-30 cones of various sizes

Directions: This is a game used for warm up, at the beginning of physical education class. It can also be used to assess locomotor skills. Cones are set up around the gym in various places. There are two teams of students. One team's goal is to knock down all of the cones while the other team tries to set them all back up. The students travel around the gym doing various locomotor skills (run/skip/jump/hop/gallop/leap etc.) The teacher can use a checklist to mark the students who are not performing the skills correctly. After 60 seconds, the whistle is blown and teacher or a student counts the number of cones up/down. The team with the most in their position wins the round. The opposite team does 5 jumping jacks/push-ups/crunches. The game is repeated for several rounds.

Adaptations: The number of students per team can be adjusted based on the ability level of the students. Also, the placement of the cones can be adjusted to make the game more challenging. Students can wear jerseys to help determine the team in which they belong. For more advanced students, dribble a basketball/soccer ball while knocking over/picking up cones.

Assessment: Locomotor checklist