



BEST PRACTICE AND LESSON PLAN IDEAS

Category: Healthy Habit Warm-up

Suggested Grade: K-5th

Title: The Card Game

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Equipment/Materials:

- Laminated cards with the different locomotor movements written on them; walk, skip, gallop, side slide, hop, jump, leap, jog and run.

Description:

- This is a warm-up activity that I use after setting the gym up for the day's The First Tee National School Program lesson.
- Students begin by walking around the perimeter of the activity area. (In my space it is the out of bounds line for the basketball court in the gym.) One student is selected to hold the cards. They hold the card that says "walk" and students continue walking for 1-2 minutes. Then students are asked to freeze, and another student is selected to come and choose a card that will determine the next way everyone will move. For example, if the student chooses skip, he will hang on to that card and the rest of the class will begin skipping.
- At this time I will also start playing music, and continue choosing different movements every 1-2 minutes for about 5-10 minutes. Once the game is complete students are broken into groups to begin The First Tee lesson.