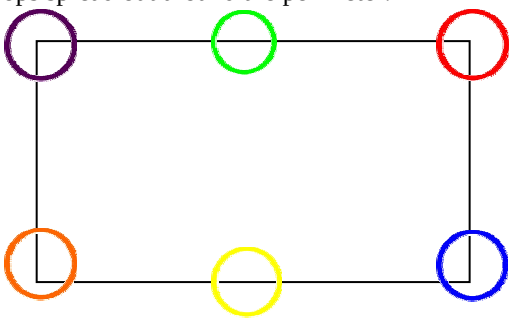
LEVEL	UNIT	LESSON Number 5	EQUIPMENT
First Grade	Basketball	CARDIOVASCULAR GAMES & FLAG BELTS	Flag Belts, Cardiovascular cards

Objectives

1. Play the tag games safely.
2. Pull the flag off an opponent safely
3. Play the games fairly.
4. Have fun.
5. Review cardiovascular exercises.

Activity	Time (Minutes)	Procedure	Comments/ Set- up/ Diagram
Part 1	8	When I say go, get a flag and find the station that has a cone the same color as your flag. On the cones there are the fitness exercises we did last time. When the music starts, you should do the exercise on the card until the music stops. When it stops you will move to the next cone, moving in this direction. (show them the direction they should move.) When the class has finished the six cards, we will move onto part 3. (this is a review lesson)	
Part 3	10 10	First I will explain how to play health club tag. The game is played like a game of flag tag. Choose certain students to be the flag pullers, remembering to change pullers often. If possible, allow all the students to be a puller at least one time during the game. If a student has their flag pulled off, they must go to the health club to work out. They should run to the health club with their flag in hand, so that the pullers will not try to pull the flag off again! (Tell them this will help them get in better shape so they won=t get caught so easily!) The six cardiovascular stations will be used as the health club. The students should read the card, do the exercise 10 times and then put their flag back on and get back in the game. Each time they go to the health club, they should go to a different card. Change taggers at least every minute so that everyone can get a chance to be a puller. Highway Patrol Tag This game also uses one color to be it. The chosen color will be the highway patrol officers trying to give the other students speeding tickets, by pulling off their flag. If your flag comes off, you must go to jail (a hoop that matches your flag color) and do one of the cardiovascular exercises until one of your own team mates come and give you a high five to bail you out of jail! Once you are bailed out, you can put your flag back on and start running around again. Have hoops spread out around the perimeter.  Change taggers at least every minute so that everyone can get a chance to be a puller.	
Closure	2	What cardiovascular exercises did you do today? Why do you do cardiovascular exercises?	