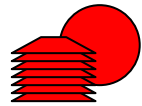


LEVEL	UNIT	LESSON Number 8	EQUIPMENT
First Grade	Flag Football	Spud	Playground balls, Flags, Fitness music, stereo, control cones, fitness cards, markers

#### Objectives

1. Students will perform the exercise circuit using correct form for the exercises.
2. Students will have fun playing spud.
3. Students will play the games and do the exercises safely.
4. Students will cooperate while playing in their groups of six, playing fairly.

Activity	Time (Minutes)	Procedure	Comments/ Set-up/ Diagram
Part 1	15	Set up 12 fitness stations alternating strength and stretching cards. Have the class get flag belts and divide up by color, three to a station. (Number of students divided by 12. Only put out enough flags so that there are an equal number of students for each of the six colors.	
Part 2	3	<p>Review the rules of spud.</p> <p>Explain how to play spud. Use their flag colors to make teams quickly, and play the game.</p> <p style="text-align: center;">SPUD</p> <p>All players form a circle (you can use your markers, one set of seven per team, for each team to use to mark off their playing circle.) One player is chosen to go first and is given a playground ball. S/he throws the ball high up into the air, taking care to throw it so that it will land within the boundaries of the playing circle, and calls out another player's number or name. Everybody runs away except for the player with that number. S/he must run to the ball. When s/he gets the ball, s/he calls, "Spud!" very loudly (if the ball doesn't land within the circle, the receiver can request a do over!). Everybody must freeze when they hear, "Spud!" Then, the player with the ball can take three big steps (or you can choose a locomotor move to be used to step) towards any player and roll the ball at him/her. If that player is hit by the ball, s/he gets one of the four letters of spud. If the person rolling the ball misses the player, they receive the letter. Either way the person who was roller tosses the ball the next turn. Encourage your students to choose someone different each time they toss. If the ball touches any part of the body other than the ankle of foot, the person rolling the ball receives the letter. If the person who is being rolled at moves before the ball gets to them, they automatically receive the letter, even if the ball wasn't going to hit them.</p>	Have the equipment, 7 markers, one playground ball set up in piles so that the groups can get their equipment easily and set up quickly.
Part 3	10	<p>Play Spud</p> <ul style="list-style-type: none"> <li>• You can allow the students to choose another word to spell.</li> <li>• You can allow the students to choose the locomotor move to use when moving away from the circle after the toss.</li> <li>• You can allow the students to choose the locomotor move to use for the three steps before rolling the ball.</li> </ul>	
Closure	2	What different word did your team choose to call your game? What locomotor moves did you use today?	