

Luau Party

Topic:

Luau Fitness Party

Objectives:

Cognitive: Students will show their ability to be active listeners by listening to all given directions carefully.

Affective: Students will perform, accept, and respect the movements and abilities of their classmates.

Psychomotor: Student will be able to move to the different stations in the designated area.

Equipment:

- Tape
- paper cutout of sandals
- plastic fish
- stick
- bean bags
- plastic cones
- leis
- beach pails
- milk crate
- 20 plastic crabs
- 4-6 pieces of blue construction paper
- flower cutouts
- limbo stick
- potato sac
- palm trees (made out of wrapping paper rolls)
- hula hoops
- maracas
- music
- paper monkeys
- play money (penny, nickel, dime, quarter, dollar)
- coconut tree
- coconuts
- surfboard cutout
- sea shells
- beach towel
- hula skirt
- hat
- sunglasses
- Hawaiian shirt
- beach ball

Grade Level:

3rd – 4th Grade

40 minute P.E. Period

NASPE Standard:

1, 2, 5, 6

PA Standard:

10.3, 10.5

Protocols:

1. Students will not start until I say “Go”, and will switch stations every time they hear the bell.
2. Students will follow the directions at each station.
3. Students will go to the next station in order.

Safety Procedures:

1. Students must only do the activity provided at each station.
2. Students must be in control of their bodies throughout the whole activity.
3. Students must try to do everything correctly as to not injure themselves.

Teaching Cues:

1. Clap to get the students attention (they will have already learned the “clapping response”).
2. A bell will ring when it is time to switch stations.

Managerial Strategies:

See Attached Page.

Warm Up: (3 minutes)