



## Physical Activity Lesson Plan-Centipede Relay

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

### Lesson Summary

#### Lesson Description:

This is a relay race where teams have to work together to get all objects from the start line to the finish line.

**Group Size:** 20-30

**Location:** Gym

**Estimate Time for Lesson:** 15 minutes

**Estimated Time for Planning:** 15 minutes

- Subject(s) Check all that apply:
  - Healthy Eating and Physical Activity (HEPA)

#### Other:

- Grade(s) Check all that apply:
  - Kindergarten
  - 1
  - 2
  - 3
  - 4
  - 5

#### Materials/Resources Needed:

1 tossable per student (this is a flexible number; add more or less as desired)

2 hoops per group of 5-7 students

#### Lesson Objective #1:

Demonstrate cooperation with teammates to successfully complete the competition.

#### Lesson Objective #2:

#### Lesson Objective #3:

### Lesson Procedure

#### Introduction/Attention Grabber:

Ask students if they know what a centipede is.

Explain to them how a centipede moves.

#### Instructions:

SET-UP:

1. Place a hoop on the start end and place the tossables in the hoop. (1 tossable per student in that group should work.)
2. Place another hoop on the other end of the gym (around 20 paces), making a straight line from start to finish.

Tossables-bearbags, scarves, bandanas, small toys, small balls, etc.

#### RULES:

1. The object is to move the tossables from your hoop to the one on the opposite sideline.
2. Pass the object down your line in centipede fashion, where all are in a line facing the filled hoop.
3. The 1st in line grabs the tossable and hands it overhead to the 2nd in line. The 2nd in line takes it and hands it between their legs to the 3rd in line. Third in line hands it overhead. Fourth between the legs, and so forth.
4. As soon as you have passed the tossable, run to the other end of your line and wait to receive it.
5. Continue until your team reaches the opposite sideline with the tossable. Drop it in, and the whole group runs back to the other hoop and repeats until all the tossables are out of their hoop.
6. When finished, your group moves around the perimeter of the playing area, moving 1 tossable in centipede fashion. Once they get around the perimeter, and get back to where they started, they win that round.

#### Rounds:

Add more or less tossables.

Pass it by twisting right, next person twists left.

Take away the perimeter part and just time them to see who is the fastest.

If anyone drops a tossable, you must start over with that tossable. Or, you must completely start over.

#### CUES:

As soon as you hand off the tossable, run to the end of the line.

Focus on control and working together, before speed.

#### **Checking for Understanding:**

Watch to make sure students are going in order and passing the tossable correctly.

## Lesson Adaptations

#### **Time Adaptations:**

Do more or less of the rounds depending on time. Also, do more or less tossables.

#### **Location Adaptations:**

This can be played in any open location. Make sure to mark off the perimeter boundaries.

#### **Age Adaptations:**

K-2: Don't let them race until they get the hang of it, if at all. Have them do a practice round with only 1 item at first. Let their "rounds" be adding a new tossable each time.

## Learning Style Adaptations

**Describe any adaptations for Visual Learners, Auditory Learners, Kinesthetic Learners, Advanced Learners, Special Needs Learners, ESL Students, At-Risk Students:**