



## 5 Second Dash

By IAN Staff on 02/25/2020

Organization: Indiana Afterschool Network

### Lesson Summary

#### Lesson Description:

This fun activity will encourage children to estimate and test their abilities.

**Group Size:** 10-20

**Location:** Gym

**Estimate Time for Lesson:** 30 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
  - 6
  - 7
  - 8

#### Materials/Resources Needed:

Stopwatch (or timer on smartphone)

Chalk or Tape

#### Lesson Objective #1:

Children will predict how far you can run, jump, or hop in five seconds, then try it.

#### Lesson Objective #2:

#### Lesson Objective #3:

### Lesson Procedure

#### Introduction/Attention Grabber:

How far do you think you can hop or bear crawl in 5 seconds?

#### Instructions:

Mark a starting line with chalk or masking tape.

With children's input, pick a way that everyone will "dash," such as hopping, crawling, or walking backward.

Ask children to make prediction on how far they will make it.

Children line up and "dash" for 5 seconds while you keep time.

Compare predictions with results.

Variations:

How many in 5 seconds? (easier). Predict and then count how many times you can clap, jump up and down, or say your name in 5 seconds.

What's the fastest? (harder). Try different ways to dash (skip, jump, leap, etc.) and see which takes you farthest in 5 seconds.

**Checking for Understanding:**

What was your prediction? How far did you make it?

## Lesson Adaptations

**Time Adaptations:**

Can be adapted for a shorter or longer time period.

**Location Adaptations:**

This can also be done on the playground.

**Age Adaptations:**

For older students make the distance longer and the movements more complex.

## Learning Style Adaptations

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