



## Physical Activity Lesson Plan- Fire and Ice Dance Tag

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

### Lesson Summary

#### Lesson Description:

Fire and Ice Dance Tag is a tag game that also incorporates tossing and catching.

**Group Size:** 20-30

**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

#### Materials/Resources Needed:

3 blue half noodles (icicle)

3 red yarn balls or small dodgeballs (fireball)

#### Lesson Objective #1:

To follow the rules of the game and to play fair.

#### Lesson Objective #2:

To follow safe procedures while moving around the room and using equipment.

#### Lesson Objective #3:

### Lesson Procedure

#### Introduction/Attention Grabber:

Explain we are going to play with Fire and Ice. Show them the fireball (red ball) and the icicle (blue noodle).

#### Instructions:

SET-UP:

1. Give 3 students the icicles and 3 students the fireballs.
2. Explain the boundaries (usually basketball court boundaries).

#### RULES:

1. There are 3 ways to get frozen: 1. Getting tagged by an icicle 2. Falling down on the ground 3. Going out of bounds.
2. If you are frozen, you must dance in place. (Step side-to-side or do your favorite dance move.)
3. If you have a fireball, you cannot be frozen.
4. If you are frozen, someone can toss you a fireball and if you catch it, you are unfrozen.
5. If the fireball is not caught when tossed, it must be re-tossed until it is caught successfully.

#### ROUND 2:

1. If the fireball is dropped, it is dead and cannot be picked back up.

#### ROUND 3:

1. The fireball is no longer invincible and can be frozen by the icicle. If frozen, they can still be unfrozen by another fireball as long as they successfully catch it. They should then have 2 fireballs to toss to other players that are frozen.

\*\* In all rounds, stop play and change icicle taggers throughout the game. Make sure the fireballs are unfreezing people and not just holding onto the red ball.

#### Checking for Understanding:

Observe students understanding of the game and make sure they are playing fairly.

## Lesson Adaptations

#### Time Adaptations:

Play more rounds if you have time left.

#### Location Adaptations:

This can be played in any open space.

#### Age Adaptations:

K-1: Only play Round 1. Move on to other rounds if they have successfully played Round 1.

## Learning Style Adaptations

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