

CLEAN YOUR ROOM & FREEZE TAG

(60 min; 16 children*)

BEHAVIOR GOALS:

1. Experience having fun while being physically active
2. Experience cooperative and group learning through sport
3. Develop muscular flexibility and agility

LEARNING OBJECTIVES:

1. Children will learn warm up and cool down stretches help loosen muscles, avoid injury and let the heart gradually adjust to higher and lower activity levels.
2. Children will learn water is the best beverage for hydration.

TOTAL TIME: 1 hour (without advanced prep)

Time	Activity
4 minutes	Children enter room and are directed to sit in a circle in the gym. The Group Leader administers Pre-test and opens discussion on GROUND RULES.
10 minutes	Stretch & Talk. A group leader will demonstrate each stretch. Assistants will observe and assist children while reminding children about the importance of warm up stretching (as discussed in previous lessons).
15 minutes	Explain & Play Clean Your Room.
4 minutes	Transition & Water Break.
4 minutes	Demonstrate and practice skill of dodging. Divide children into 2 groups.
10 minutes	Explain and play Freeze Tag
1 minutes	Transition to cool down area.
10 minutes	Talk, Cool Down & Flexibility Stretches. A Group Leader will demonstrate, and monitor cool down stretches again, while reviewing the importance of cooling down and developing flexible muscles.
2 minutes	After cool down activities, the leader should administer the Post-test. When children are done they should sit or lie quietly. This is an excellent time to praise performance and effort; to commend cooperative behavior; and to encourage children to do these exercises while watching TV, talking on the telephone or listening to music.

BACKGROUND INFORMATION FOR INSTRUCTOR:

Warm-up, Cool-down & Flexibility Stretches

Refer to Week 1, Lesson 1 background information section

Clean Your Room

Clean your room is a game that gets children moving and stretching without them realizing what they're doing. Later, you can point this out. The objective of the game is to have the "cleanest

*Can be adapted to accommodate 10-40 children by changing the number of leaders and supplies.

room” by keeping the balls off the floor of your “room.” With the emphasis on fun and movement keep the children active and engaged. Some music helps to keep the atmosphere light and enjoyable. Bending over to pick up the balls, throwing the balls, and moving around while trying to avoid being hit, all help to develop flexibility. Remind the children that their hearts will beat fast when they are active (a good thing) and their rate of breathing will increase (also a good thing). The activity and group leaders should frequently pat children on their backs, commending them for moving so fast today (with the implication that they are moving faster today than yesterday!), and for moving for so long (again, with the implication that they are moving fast for longer today than yesterday!). By encouraging all children to do their personal best to keep the balls off their part of the floor, flexibility will be developed through play.

Freeze Tag

Freeze tag can easily include children of all activity levels. It can be a very active game, loved by children who are fast and very active. It is also enjoyed by the less active children as they try their best not to get “tagged”. This game also provides an opportunity to demonstrate the skill of “dodging” which relies on being flexible and agile. Encourage children to practice this skill before starting the game, then commend them throughout the game for making use of this skill (encouragement is key to positive behavioral change). By using a variation such as chain tag, children remain active and continue to develop flexibility as they attempt as a growing chain to tag the faster and more agile players – all while having fun.

EQUIPMENT & SUPPLIES:

Warm-up, Cool-down, & Flexibility Stretches

- warm up, cool down and flexibility exercises can be done without any specific equipment, so they can be replicated at home.
- space for children to do stretches without touching each other
- posters of/for “Ground Rules” and “Warm-up, Cool-down & Flexibility Stretches”

Clean Your Room

- fluff balls or other light balls (10-20)
- fast paced music and music player (CD player, radio, tape player)
- (may need extension cord or batteries for CD or tape player)
- 4 cones (to denote safety lines at ends of gym)
- 1 whistle to use as signal for stopping and starting

Freeze Tag

- fast paced music and music player (CD or tape player)
- (may need extension cord or batteries for CD or tape player)
- 4 cones (to denote safety lines at ends of gym)

Pre- and Post-Tests

- copies of test questions (1 Pre-test and 1 Post-test question set per child)
- 1 sharpened pencil per child
- 1 pencil sharpener

PERSONNEL: 2 adults or more

1. Adult Leader (1)

- Oversee all activities & Administers Pre- & Post-tests.
 - Model behaviors (fun, respect, keep moving).
 - Assist children with stretches.
 - Changes the pace if children lose interest or become frustrated with a game moving too slowly, too quickly, or if there is a lack of inclusion.
 - During Clean Your Room facilitates splitting children into two groups.
 - Explain games and models new skill building (dodging).
 - Lead cool-down and stretches and facilitate discussion at end of session.
2. Assistant (1 or more)
- Passes out and collects Pre- & Post-tests (may help with reading tests).
 - Enforces Ground Rules.
 - During stretches & strength building exercises – demonstrate, observe and assist children in building new skills.
 - During Clean Your Room & Freeze Tag - oversee music & gives start and stop signals.
 - During Clean Your Room, count balls on floor for teams.
 - Mediates disputes if they arise.
 - Oversees children during water & bathroom break.

ADVANCED PREPARATIONS: 20 minutes

Warm up, Cool-Down and Flexibility Stretches

- Hang poster on wall for recording "GROUND RULES" (can re-use the poster from previous sessions)
- Make poster listing "Warm-up, Cool Down & Flexibility Stretches" including:
 - Head circles /neck, Arm circles/shoulders
 - Side bends/abdominals & back,
 - Trunk twists/abdominals & back
 - Hamstring stretches/ back of the upper leg
 - Quadriceps stretches/front of the upper leg
 - Calf stretches /lower leg

Clean Your Room

- Set up cones to designate boundaries
- Set up music player and cue music
- Count and put out 10-20 fluff balls

Freeze Tag

- Set up cones to designate boundaries
- Set up music player and cue music

ACTIVITY DIRECTIONS:

1. When children arrive in the gym immediately direct them to sit in a circle in the gym facing the group leader. The Group Leader should administer the Pre-test. Have assistants quickly collect completed tests. (Assistants and leaders should be prepared to help children with reading and writing if needed.)

2. Once again, begin by reviewing the rules and expectations established in the previous lesson. Have children remain seated on the floor and reread the rules. Allow children to add rules they didn't have before.
3. One of the Group Leaders should write additional rules on the poster titled "Ground Rules" that includes the following:
 - Quiet hands,
 - Listen while others are talking,
 - Be Respectful, and
 - Have fun.
4. Transition the group to WARM UP STRETCHES. Read & Demonstrate Stretches listed on the poster. Have children do warm up stretches for the neck, shoulders, abdominals, and back, upper, and lower legs. Have adult assistants demonstrate and check to make sure children are doing stretches correctly. (Assistants may need to repeat demonstrations as needed to accommodate children)
5. During Warm-up Stretches, talk about warming up and stretching, and review why each is important to our exercise & flexibility programs when leading a healthy, active lifestyle. Use the following questions to guide discussion (since these same questions were asked in Lessons #1 & #2 more children should contribute correct answers).
 - Why is it so important to warm up & stretch before activity? (Loosen muscles making them more flexible, avoid injury, and let our heart gradually adjust to a higher activity level.)
 - Why is it important to cool down after being active? (To let heart become adjusted to regular activity again, to let muscles return to normal.)
 - What happens when we overdo an activity by trying to do too much at one time? (Become sore or injure ourselves, give-up on our physical activity goal because we are sorer injured. It is important to start slowly.)
 - What should we do if we start to feel pain while being active? (Slow down or stop)
6. Once again, remind children again that it is extremely important to come to Physical Activity dressed in loose clothes that allow freedom of movement without having to worry about exposure. When giving reminders, taking care not to embarrass children who are not wearing appropriate clothes or footwear.
7. Transition to Clean Your Room game. The object of the game is to have the cleanest room. Quickly, divide children into 2 groups (counting off 1-2-1-2 etc). Have half go to one side of the gym (adjust size of space to suit number of participants) and the other half to the other side of gym. One leader should be on each side. This will be a timed game (activity leader gives "start" and "stop" signals.) Distribute half the balls on the floor of one side of gym; the other half on floor of other side of gym. Explain that on the start signal, children will locate a ball and throw it over to the other side. The object is to keep the balls off the floor of your "room" Review start and stop signals – perhaps 1 whistle blow for start, 2 whistle blows for stop (use stop signal if there is unsafe behavior also). Explain that with the stop signal, everyone freezes and drops any balls. Group leaders then count the number of balls on their "floor".
8. Play Clean Your Room. After 2-3 minutes give the stop signal and have the group leaders count the number of balls in each group's "room". Ask if they'd like to do 2-out-of-3 (usually, they all say Yes). Play again , etc (for variety, and to build flexibility and strength on both sides of the

body, you can have kids throw with their right hands for game one, with left hands for game two, and choice for game three). Declare which group is the “top do cleaners” group and have everyone do a victory lap or something else that keeps them moving and is fun.

9. Next, circle children on the floor of the gym, with the activity leader in the middle. Encourage some stretching while sitting. This is a good time to allow children to get a drink of water and for leaders to verbally enforce the message that water is the best beverage during and after vigorous exercise.
10. While stretching, explain the Freeze Tag game. One person will be “It”. The object is to tag the other participants. When tagged, that person is frozen (can’t move) until touched by a member of his/her own team. A variation is to play “Blob tag” - also know as chain tag, amoeba tag, manhunt, or Chinese tag (simulates making a Chinese dragon) – tagged persons join arms with the “it” person and work together to tag further players who must also join the chain. The “blob” or “chain” continues to grow until the final players have been tagged. The game is not without comical moments and grazed knees. When the person on one end makes a turn, the others get increasingly whipped around so that the end persons can be made to run quite fast. A lot of stretching takes place also, especially in the arms and torso.
11. Demonstrate the skill of dodging. Ask children to stand, and to try this skill- first, while walking slowly, then with increasingly faster movements according to the activity level of child. Use this to transition into groups at ends of gym.
12. Play Freeze Tag! The activity leader will start the game with a single whistle blow; stop activity with double whistle blow. Use stop whistle if it is necessary to intervene in dangerous activity (pushing, running into others, hitting instead of touching), provide 1-on-1 encouragement and praise, and join the game when not otherwise occupied.
13. Cool down by encouraging fast walking, then slower walking while moving toward the area in the gym designated for Flexibility Stretches.
14. Continue Cool down & begin Flexibility Stretches. Have children join you by sitting in a circle in the middle of the gym. Begin flexibility stretches as outlined on the poster. Encourage children as each muscle group is stretched. Explain that many games that we play are fun and enjoyable. When we warm up properly & as we become more flexible we can prevent injury to muscles that we may not know we are using when we are having so much fun. Being flexible gives us an edge in many of the games we play for fun. We don’t think about exercise & flexibility while we are playing games, yet we get many benefits from being active and having fun.
Ask: When playing Clean Your Room and Freeze Tag what movements required flexibility?
Ferret out the following:
 - Bending over to pick up the balls requires flexibility in the lower back and leg muscles.
 - Reaching arms out to grab balls on the floor & to tag others requires flexibility of arm, waist and shoulder muscles.
 - Throwing balls across the room require flexibility of chest and arm muscles.
 - Having flexible leg and ankles improve running and agility when playing games like Freeze Tag and Clean Your Room. (remind children that running increases the heart rate and breathing rate - which are good things).

Children should notice that they are able to reach and stretch muscles further following play and activity because their muscles are warm. Now is a good time for them to improve flexibility by holding their stretches for 10 seconds or more. If they feel pain they should not stretch quite so far.

15. While still stretching, discuss the games that were played. What did they like? What didn't they like? What were some of the strategies used in the games? Which games could they play at home, in their neighborhood or at school?
16. Finally the Adult Leader should administer the Post-test and have assistants collect them. When children are done have them lie or sit quietly. Commend children for their efforts in the class. Give special recognition to those who made specific achievements. Have children think about ways they will be more active.

REFERENCES:

Stretches, SPARK After-School Activities Binder:
Warm-up (or) Cool-Down Activities, p 1-3.
Clean Your Room, SPARK After-School Activities Binder, Great Games, p 20.
Freeze Tag & Blog tag, Wikipedia, at <http://en.wikipedia.org>.

EVALUATION: To be completed by activity leaders following delivery of exercise

	WARM-UP, COOL-DOWN & FLEXIBILITY STRETCHES		CLEAN YOUR ROOM		FREEZE TAG	
	Rating*	Specific recommendations to improve	Rating*	Specific recommendations to improve	Rating*	Specific recommendations to improve
Timing						
Equipment / supplies						
Personnel / staffing						
General response of <u>children</u>						
General response of <u>adult</u> leaders						

Rating of 1 - poor to 5 - excellent

Other comments:

_____ Date

_____ Name (Optional)

PRE-TEST QUESTIONS

1. Flexibility means
 - a) How far our muscles can stretch
 - b) How much it hurts when we stretch
 - c) How fast we can move

 2. By increasing flexibility we will
 - a) Run and move more quickly
 - b) Not hurt ourselves as much when being active
 - c) Both of the above

 3. Playing fun games with others
 - a) Can have many benefits including increased flexibility
 - b) May not always feel like exercise because we are having so much fun
 - c) Both of the above
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POST-TEST QUESTIONS

1. Flexibility means
 - a) How far our muscles can stretch
 - b) How much it hurts when we stretch
 - c) How fast we can move

2. By increasing flexibility we will
 - a) Run and move more quickly
 - b) Not hurt ourselves as much when being active
 - c) Both of the above

3. Playing fun games with others
 - a) Can have many benefits including increased flexibility
 - b) May not always feel like exercise because we are having so much fun
 - c) Both of the above