

CAPTAIN'S CRUISE & CRAZY CONES

(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 the Captains Cruise game
4 minutes	Transition & Water Break.
4 minutes	Circle children on gym floor – light stretches – explain Crazy Cones
10 minutes	Divide children into 2 groups and play Crazy Cones
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 Group 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

Captains Cruise

This game involves near constant activity in the form of walking or light running.

Participants mingle among each other, getting to know one another and generally have fun by rushing into groups of various numbers and forming into the required shape. It is fun to do this to music,

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

preferably equipped with a remote control so the activity leader is free to move about. In addition to developing flexibility (getting into required positions) and muscle strength (isometrics, holding positions), this game also develops memory skills (need to remember the number that corresponds to each configuration, etc).

Crazy Cones

This more active game developed skills are movement – running, being agile, bending, quick movements, and general coordination. Many children like the competitive nature that is developed between the two groups. Take care to divide children into groups using a random technique that does not leave any child feeling left out or “selected last.” As the children can get noisy during this game, using a whistle to start and stop activity during this game can reduce leader frustration.

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”

Captain's Cruise

- 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)
- some prop (eye patch, spy glass, hat) that activity leader can wear to suggest being the Captain of a Seagoing Vessel.

Crazy Cones

- 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)
- cones (aim for 1 cone/ youth for game)

Pre- and Post-Tests

- Copies of Pre- and Post-tests (one each per child)
- 1 sharpened pencil per child
- 1 pencil sharpener

PERSONNEL: 2 adults or more

1. Adult Leader (1)

- Oversees all activities and administers Pre- & Post-tests.
- Model behaviors (fun, respect, keep moving).
- 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 Crazy Cones facilitates splitting children into two groups.
- During Captain's Cruise, call out “orders” and numbers (cues for children to form specific shapes) and declare the winning teams –alter criteria so that everyone wins at least one challenge.

- 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 games - oversee music & gives start and stop signals.
 - Keep the kids involved.
 - 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.”
- 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

Captain's Cruise

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

Crazy Cones

- Set up cones to designate boundaries
- Set up music player and cue music
- Set up 1 cone per child/adult playing the game

ACTIVITY DIRECTIONS:

1. When children arrive in the gym, 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 Ground Rules established in the previous lesson. Have children remain seated on the floor and reread the rules. Allow children to add rules they did not add before. Since this is the fourth meeting of this group, the children may not have additional rules. This is fine. Let them know that there will be less time spent on reviewing and adding to rules in the upcoming weeks. They should be familiar with the Ground Rules and Expectations at this point.
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 the last 3 lessons, 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. 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. Athletic shoes should always be worn. It is likely that children may not be dressed appropriately. Continue to keep this in mind when doing exercise demonstrations. Once again, give reminders, taking care not to embarrass children because of their clothes or footwear. For family or financial reasons, some children may not be able to come with appropriate clothes even after they have been reminded.
 7. Transition to Captains Cruise. Gather children back to the circle on the floor of the gym, with the activity leader in the middle. Encourage children to continue with stretching while sitting (stretch legs, circle arms, knee bends, ankle circles etc). Explain the Captain's Cruise game. The activity leader will begin by telling the participants that this is a fun way to be active, and that we are all going to pretend to be on a big boat. Look out! Here comes a wave! The Captain (activity leader, with prop if available) will call out orders as the music plays:
 - Shipwreck = fall down
 - Iceberg = freeze
 - Swab the deck = mop the floor
 - Shark = make fin with hand on top of head, and walk in crouched position
 - Walk the plank = Take 3 steps, jump up, and then sink to the floorThe Captain can also call out a number between 1 & 5. Each number corresponds to a particular formation that they must get themselves into as soon as possible.
The formations that correspond to these numbers are as follows:
 - 5 = groups of 5 participants each form a starfish by joining hands at the center
 - 4 = groups of 4 participants each join together to simulate a man overboard

- 3 = groups of 3 participants each line up one behind the other to row a boat
- 2 = groups of 2 participants each pretend to do ballroom dancing
- 1 = single participants pretend to be a sailor

Have them practice getting into each formation. Exaggerate the movements to further develop flexibility and strength. It is fun to do this to music, preferably with a music player equipped with a remote control so the activity leaders are free to move about.

8. Play Captain's Cruise. Start the music. Ask them to mingle by walking quickly around the area. Stop the music, and call out a number. Remind them to quickly form groups of that number and make the formation. They will see that not all participants can get included in a group. Ask them to stand to the side until the music starts again. Declare one group as fastest, quietest, most creative, funniest, etc. Use different criteria each time and aim to have each child in a "winning" group at one time or another. Start music again. Ask them to mingle. Stop music, call out a number, and repeat as in the first round. Be sure there are lots of "winners."
9. Next, circle children on the floor of the gym, with the activity leader in the middle. Encourage some stretching while sitting. Explain the Crazy Cones game. The objective of the game is for the teams to compete and to have more cones standing up at the end of the round than the other team. Tell the children how each round will differ. Consider starting the first round with (1) walk, then picking up the pace with each round to (2) power walks then (3) slow run then (4) fast run. Rounds can also differ by using different parts of body to turn over cones – e.g., left hand, right hand, left foot, right foot, and elbow – these variations are particularly good at developing flexibility and agility. Tell the children that they will begin with a whistle blow, with the competition continuing until the blow of the stop whistle. Children will then move to the side and count cones. Before start whistle sounds again, leader will announce how cones are to be turned over in the next round. Warn the children that they have to be careful not to run into each other. Leader can consider various ways for "winning" team to be celebrated at the end of each round – victory lap, high 5's, being windmills, etc.
10. Play Crazy Cones! 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.
11. At the end of this game, give children an opportunity to get a drink of water, or go to the bathroom. This is a good time to remind children that water is the best beverage for rehydrating the body after being physically active.
12. Cool down by encouraging fast walking, then slower walking while moving toward the area in the gym designated for Flexibility Stretches.
13. 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. Explain that some games are fun and really cause us to bend and turn our bodies in a variety of new ways. We may not bend our bodies or use our muscles in the same way when we sit and do homework, watch TV, or when we play games on the computer. Sometimes when we use muscles in a new way we can feel sore the next day. If we play, run, stretch and use our muscles regularly we become stronger, more flexible and we are less likely to feel sore afterwards. 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 allows us to enjoy playing games & being active everyday without being as sore afterwards.

Ask: What movements required flexibility as you played Captain's Cruise & Crazy Cones?

Ferret out the following:

- Bending over to pick up the cones requires flexibility in the lower back and leg muscles
- Reaching arms out to pick up and knock down cones on the floor requires flexibility of arm, waist and shoulder muscles
- Pretending to row a boat and mop the floor when playing Captains Cruise required flexibility of chest and arm muscles.
- Having flexible leg and ankles improve running and agility when playing both games. (remind children that running makes the heart beat and breathing faster which is another good thing)
- Doing the various formations like the starfish during Captain's Cruise required having flexibility in upper and lower body muscles.

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.

14. 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?
15. Finally, the 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.

Captain's Cruise, a variation of "The Good Ship SPARK" in SPARK After-School Activities Binder, Great Games, pg 3.

Crazy Cones, SPARK After-School Activities, Great Games, pg. 19.

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

	WARM-UP, COOL-DOWN & FLEXIBILITY STRETCHES		CAPTAIN'S CRUISE		CRAZY CONES	
	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 leaders</u>						

*Rating of 1 - poor to 5 - excellent

Other comments:

_____ Date

_____ Name (Optional)

PRE-TEST QUESTIONS

1. If we start to hurt a lot when stretching, we should
 - a) Not change anything - Hold the stretch
 - b) Not stretch quite that far
 - c) Never try stretching again

 2. Bending our bodies, and moving our arms and legs while playing fun games
 - a) Allows us to be more flexible
 - b) Is bad for our muscles
 - c) Causes weight gain
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POST-TEST QUESTIONS

1. If we start to hurt a lot when stretching, we should
 - a) Not change anything - Hold the stretch
 - b) Keep stretching – but not quite that far
 - c) Never try stretching again

2. Bending our bodies, and moving our arms and legs while playing fun games
 - a) Allows us to be more flexible
 - b) Is bad for our muscles
 - c) Causes weight gain