

## P.E. 352: Warm Up Assignment

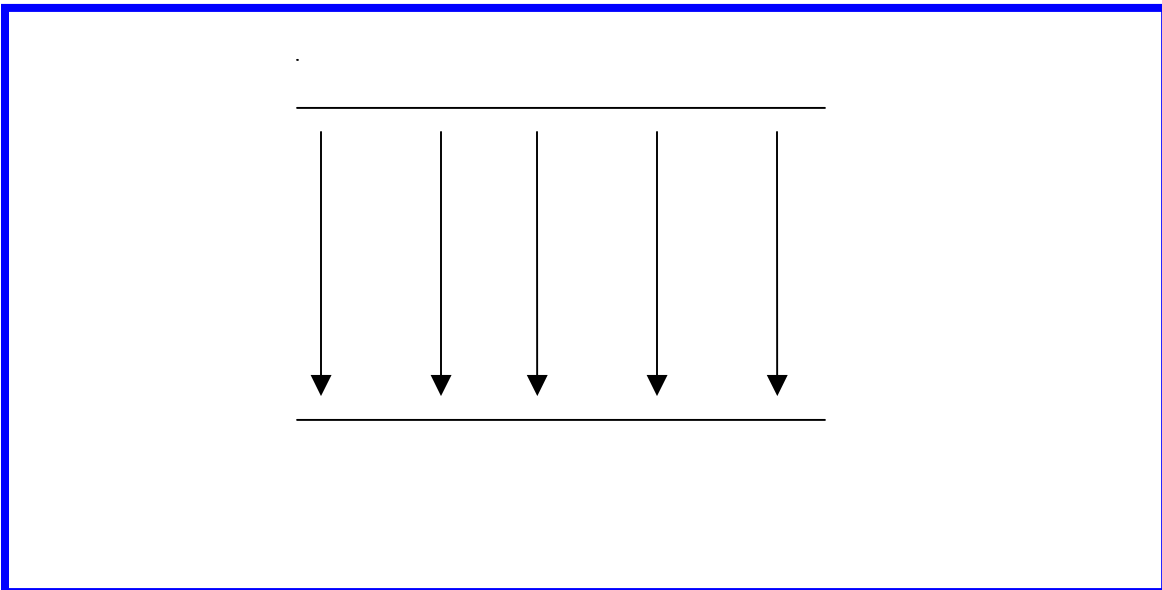
### Warm up game #1: Skipping for Numbers

**Purpose of the warm-up:** To gradually increase the intensity and maximize participation through skipping. This warm-up is done both individually and with partners and includes a number of tasks to get participants thinking while they're warming up their bodies. This warm up is geared towards activities such as gymnastics, track and field, and dance.

**Equipment:** running shoes

**Organization:**

- line up on blue line
- skipping from blue line to blue line(marked by cones)



**Task:**

- 1) Line up on blue line. Demonstrate the skipping action to the class. Do one width of easy skipping from blue line to blue line.
- 2) Skipping from blue line to blue line. Before you start, guess how many skips it's going to take you. (ask the questions...who was within 5 steps? Who was within 2 steps?)

- 3) Skipping from blue line to blue line. The goal is to take off three skips from the previous task. You must take equal strides throughout the whole distance. (ask the question...who took off exactly three skips?)
- 4) Sideways skipping from blue line to blue line. Guess how many skips it will take you. (Counting the foot action, not the arm action.)
- 5) Get into partners. Number yourselves #1 or #2 (or be more creative with your names!) #1's skip sideways to the other blue line. #2's will watch them and will give them one tip to decrease the number of strides they take. Then, #1's will go and the #2's will watch. Before they start, ask them the question, 'How do you get more distance?' (more height, use arms) They exchange advise after both #1 and #2 have gone.
- 6) Then they compete. Who can do the least amount of skips?? (taking the advise that was just given to them into account)

**Progression:**

Individual (cognitive):

-trying to improve on your own score

Partner (social):

-getting feedback from your peers

-intensity will naturally increase when competition is introduced

**Teaching Styles:**

Guided Discovery: "Logistical and sequential design of questions that lead a person to discover a predetermined response." Participants discover that with more arm action and pushing off with greater force, the less strides you will need to take.

Self Check: "Performing a task and engaging in self assessment." In this warmup, the participants are continually evaluation how many skips they take.

Reciprocal: "Social interactions, reciprocation, and giving feedback." In this warmup, partners give each other feedback.

**Three Learning Domains:**

Cognitive: Thinking about how many skips they do from one blue line to the next.

Social: Participants interact with each other when they get into partners.

Psychomotor: Participants are required to produce the skipping motion(sideways and forwards.) This takes coordination.