

Tallest Tower – Social Distancing Edition

Equipment Needed: Cardio Fitness Cups (each student has the same number, you decide how many), one hula hoop per student, cones (1 per student)

Description:

- Divide into 2 teams -- One team on each side of the room, gym, or outside area.
- Students are assigned a cone marked 3 ft. from the center line on both sides to ensure 6 ft. of distance.
- Phys Ed teacher designates for each student to have "x" number of cups that belong only to that student. The cups will be located near students' own hoop at the back of the playing area.
- Students do rock, paper, scissors from their cone to determine who does the fitness break and who gets to stack cups.
- The winner of R/P/S gets two cups to stack in a border type fashion around the edge of the hula hoop. The person who does not win R/P/S gets to do a fitness break with a certain number and type of exercise before they can face off again against the **same opponent** from the other team.
- Over** emphasize same opponent, same hoop, same cups to help with **COVID** considerations of social distance, not sharing equipment, and contact tracing.
- The objective of this game is to be the **1st** team where all individuals have used up their cups in stacking around their own individual hula hoops. If *one student finishes before* the rest of their team, they still do R/P/S (if they win wait patiently for their opponent to do fitness break)
- Fit breaks could be jumping jacks, running in place, high knees, marching in place, hamstring stretch, arm circles, tricep stretch because these keep students in a small area, not on the floor, and socially distanced from one another)

** When activity is over, one student at a time will place their own cups in a big tote that has been separated from all other equipment. These will be sanitized in cooperation with following state sanitization guidelines and not used until a time that is deemed by said state guidelines to be safe to use.

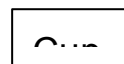
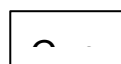
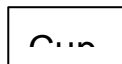
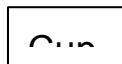
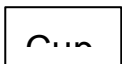
Building Blocks of Fitness Addressed: Cardio, Social, Muscular Strength (when certain exercises used in fitness breaks), Hand/Eye Coordination.

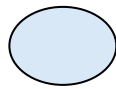
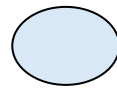
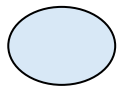
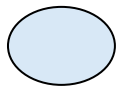
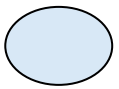
Essential Questions: Which building blocks of fitness did you observe during this activity and explain how you know this? Did your opponents in this game show good or bad body language during your competition? What is TCC and did your team have good TCC during the activity?

NASPE Standard #1 - The physically literate individual demonstrates competency in motor skills and movement patterns needed to perform a variety of motor skills and movement patterns.

NASPE Standard #4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

NASPE Standard #5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.





F
I
T

20-30 ft. between hoops and cones

F
I
T



B

B

R

3 ft.

R

E

_____ Mid-Line of Gym Floor _____

E

A

3 ft.

A



K

K

A

A

R

20-30 ft. between hoops and cones

R

E

E

A

A

