Muscle Ball – Recess Game

Location | Rhythm | Nutrition | Equipment
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In/Out | No | No | 6–8 bean bags (1 for each group)

Get Ready:
- Divide students into groups of 4 to 6. Each team should form a circle facing toward the middle.

**Note:** Leader should divide the class if necessary to ensure “ability equity” among groups.
- I will place 1 bean bag in the center of each team.

Directions:
- When the game begins, start **marching, hopping, or jogging** in place. I will then select a student from each group to pick up the bean bag and **run** with it around the outside of their group.
- Once that student returns to their original position, they should place the bean bag back in the center of their group. The group then earns the letter “M” (the first letter in the word MUSCLE).
- The student to the left of the last runner then grabs the bean bag and repeats the process, with each complete round earning another letter.
- The game will continue until one of the groups has all of the letters of the word MUSCLE.

**Adjustments for Physical Distancing:**
- Students will be in groups of 4–6. Each group will need their own circle with students’ spaces marked at least 6 feet apart from each other.
- Place the poly spot in the middle of the circle (instead of the beanbag). Create marks for students to stand, 6 feet away from the poly spot.
- Using cones as corners, create a square to surround each teams’ circle with 6 feet distance between the perimeter of the square and students’ places.
- Once a student has run around the square, they will enter the circle from their original position and tap the poly spot with their foot. This earns them their letter and signals to the next student to begin their turn.

**Equipment:** 1 poly spot and 4 cones per group

**Standard Connections**

**Did You Know?**
- **Running** is one type of aerobic activity. These activities help promote cardiovascular (heart) health!

**Show and Tell!**
- **Tell me** what your favorite aerobic activities are. Do they make you breathe harder?
- If it doesn’t make you breathe hard, **show me** a way to make it harder for yourself!

**Try This at Home:**
- Do 10 minutes of your favorite aerobic activity after school today!
- Find a friend to do it with you, or have fun doing it alone!