

THE S-TRAIL

Ready

- Music and player (optional)

Set

- Students standing behind their desks with chairs pushed in.
- Form 1 long, continuous figure-8 with no beginning or end.

GO!

1. Today's Classroom ASAP is called *The S-Trail*. The object is to move smoothly around our classroom without stopping.
2. On the music, move in this direction (*show them*).
3. When I call your name, be prepared to lead the rest of the class in a new move using your arms as you continuously work around our class. (*Call on a new student every 10 seconds or so.*)
4. **Challenges**
 - Can you keep good spacing, both in front and behind you, the whole time?
 - Can you move using any locomotor movement I call, still keeping your distance? (*Start slow with marching, hopping, tiny jogging, etc.*)
 - **Different Paths** – (*Draw a classroom map on the board or smart-board, and choose 1 student to draw a path for the class to follow. After 30 seconds, choose a new student to draw a path.*)
5. **Teaching Tip**
 - Provide some quick back-up moves for students who can't come up with ideas for movements.

