

# PAPER PLATE ACTIVITIES

EQUIPMENT: 5 paper plates per student  
Music

SET-UP: None

## ACTIVITY DIRECTIONS:

- 1.) Each student gets two paper plates.
- 2.) Music: The Twist or Let's Twist Again. Teacher leads different movements and students copy in their own personal space. Then have students get together with a partner. Put music back on. One student leads while the other student copies, then switch leaders. (30 second each). Have students find a new partner and repeat sequence. You can also put on different music and continue for a couple more rotations.
- 3.) Music: Spa Music. Teacher leads different balancing movements, both standing and sitting, and students copy in their own personal space. Repeat partner sequence listed above.
- 4.) Music: Spa Music. One student becomes a statue and the other student stacks 10 paper plates on the statue while they hold that pose. To promote core conditioning and balance, statues may not have their bottom or hips touching the ground. Switch turns being the statue. (Students will need a total of 10 plates.)
- 5.) See Roadway activity.

Balance on body parts

back of both hands  
elbows  
thighs (squat position)  
on back & top of feet  
Student's choice

clap it - hands wide  
above head  
between legs

skate around room  
odd pivot turn

# ROADWAY

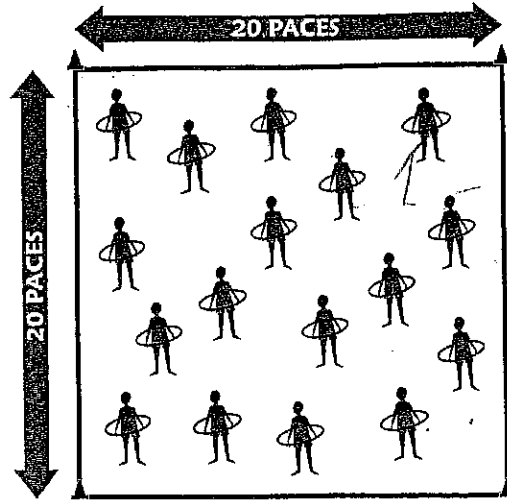


## Ready

- 4 cones (for boundaries)
- 1 hoop per student

## Set

- Create medium (20X20 paces) activity area.
- Scatter students throughout area (each student has a hoop.)



## GO!

1. Our ASAP is called *Roadway*.
2. Pretend your hoop is a car and you are the driver. Buckle your seat belt!
3. When you hear, "Green light," hold your hoop around <sup>like a steering wheel</sup> your waist and walk within our area avoiding other cars. *Hold Hoop + Drive it like a car.*
4. I will call different ways to move. ~~(Begin with 2-3 commands and add on 1 at a time.)~~
  - **Red light** – Stop
  - **Yellow light** – Move slowly
  - **School zone** – Skip
  - **Highway** – ~~Run~~ Jog
  - **Uphill** – March
  - **Flat tire** – Hop to side of road
  - **Pothole** – ~~Run and leap~~ Speed Bump – Little Jump
  - **Tunnel** – Duck down
  - **Oil slick** – Swerve and make quick turns - Slippery Road
  - **Emergency vehicle** – Move to the side of the area and stop - *White line*
5. *Turn Signal - R/L* Show you are a good driver and follow the rules of the road.
6. **Wrap It Up**
  - Why are rules important? What would happen if we didn't have rules on the road?
  - What rules do we have in our SPARK PE class to keep everyone safe?

### Carpool

(Students in pairs; 1 hoop per pair. One partner inside the hoop, the other outside holding the hoop with both hands.) The partner in the hoop is the car; the other is the driver. Work together and follow the cues. We'll switch roles every minute or so.

so.

*(Big Buddies)*