

Scanning Race Challenge

Skills: Locomotor Travel, Scanning (quick look over left shoulder), Moving Safely in Open Space, Teamwork, Cooperation, Communication

Fitness Target: Aerobic Capacity, Muscular Endurance, Muscular Strength

Virginia Standards: Health - K.1j, 1.1e, 1.2i, 2.2e, 3.1e, 3.2h, 4.2i, 5.2f
PE - K.1a&f, K.4a&b, 1.1a&h, 1.3b, 1.4c, 2.1d&e, 2.3d, 2.4c, 3.2a, 3.3d, 3.4c, 4.1a, 4.3, 4.4a, 5.1.a

National Standards: Physical Education Standard S1.E1.K-4, S1.E2.2a, S2.E1.Ka, S2.E1.1-3, S2.E1.4a

Equipment: Cones to mark the scanning zone, 2 polypots for each team of 3 students (must be different colored spots), a method to count laps (popsicle sticks, playing cards, white board with markers, etc.), 2 two-foot noodle pieces for each team of 3

Activity:

Before the activity begins, the teacher will discuss or review the importance of scanning for traffic when riding on the road with vehicles. The teacher will demonstrate the proper way to stand for the group. The students will then stand and practice scanning over the left shoulder when the teacher gives them permission to do so.

After the review and practice, students will get into groups of 3s. Each team of 3 will have 2 different colored polypots to use during this challenge. The students will line up in a single file line with the second partner in line holding the polypots. When the activity begins, the first partner will jog slowly toward the endline and when he/she reaches the "scanning zone" will look over his/her shoulder and call out the color polypot that partner 2 is holding up in the air. Partner 2 will then hand the polypots to partner 3 and wait until partner 1 reaches the endline before starting the task. Partner 1 will stay outside the middle of the space and then return back to Partner 3. The students will continue rotating in this fashion so that they receive plenty of opportunities to practice scanning over their shoulder. Each team can also keep track of the number of "laps" the entire team completes before the activity is over.

Teaching Tips:

- Have students travel in different locomotor patterns (list may be provided) each time they travel across the space.
- Use cones to help students maintain a straight path while attempting this challenge.
- Remind students that they need to watch out for other "vehicles" during this activity.
- Stop the students after a few tries to reinforce the basic scanning technique that each person needs to use.
- Add pool noodles to the challenge to serve as practice handle bars while attempting to scan. If using pool noodles, each team of 3 will have 2 and will take turns sharing them while the activity is taking place.

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