

Catch Me If You Can

Grade Level: 4-6

Skills: The students will enhance cardiovascular capacity while participating in this activity.

Objective: **Standard 6.N.3:** Analyze the harmful effects of engaging in unscientific diet practices to lose or gain weight.

Equipment: None

Organization: Pair the students and have them all stay along the perimeter of your activity area.

Activity: Give the students the “track” that they will all follow. Whether it’s an actual track, the perimeter of a football field or the perimeter of the gym, they will all stay on the determined perimeter path. When you have given them the “GO” signal, one of the two partners will start jogging along the perimeter. The other partner will walk along the perimeter. Eventually the jogger will catch the walker. Once this occurs, the partners switch tasks. The walker becomes the jogger and the jogger becomes the walker.

Variations: Have one of the students start running and the other student start jogging. Eventually the runner will catch the jogger and then simply switch tasks.
Have each student dribble a ball; whether it’s a foot dribble or a hand dribble, same parameters apply.
Have one student walk and the other student run. This is a great interval training technique.

Closure: What is an unscientific diet practice? Is Dr. Google an actual physician?

Do you think we need to pace ourselves in our daily routines? Why or why not.

Piloted at: Fremont