

Bump Warm-Up

Grade Level: 4-6

Skills: The skills involved include locomotor movements, teamwork, cooperation and following instructions.

Objective: **Standard 6.HF.3:** Define locus of control and the impact it has on decision-making.

Equipment: None

Organization: Divide the class into four groups with at least five in each group. Have each group stand on a line at each wall.

Activity: Start with one team and call out a number, e.g. 2. That number of students must run to the next wall and “bump” that many students from that wall to the next. Start the younger grades with counting; from 1, 2, 3 etc. Start with 1 and each time they go around, add one to the number. For the older grades; call out a command like “add 2”, so two more must go with that group.

Closure: Can you define locus of control? How does this affect everyday activities?

How did teamwork apply in this activity?

Piloted at: Valley View