

Covid Crush

Grade level: 6th

Skills: Spatial awareness and steps to help slow the spread of the Coronavirus

Objective: **Standard 6.SDP.4:** Analyze how various factors, including lifestyle choices, increase or decrease risk factors for disease.

Equipment: none

Organization: Tell students to spread out like peanut butter. They should be all over the room.

Activity: The activity will begin by asking students what they know about the current Covid-19 issue. Do some pre-knowledge questioning with them. Eventually someone will mention social or physical distancing, and the six-foot guideline. The activity begins with students holding out their arms to the side and in front of them. Explain that they cannot touch another student and their outstretched arms. Ask the students to move slowly throughout the activity area. They will move throughout the gym, while practicing their six-foot physical distancing. If students contact each other, they will need to clean the C-19 off of them. Have them go to the perimeter and “wash their hands” for 20 seconds. You may also have them perform a “cleansing exercise” (jumping jacks, squats, push-ups, crunches, etc.) to wash off the C-19 virus. Kids should “bounce” off each other like amoebas or atoms.

Variations: Increase the level of difficulty, and have them jog or run.
Have them turn in circles like a helicopter.
Have them line-up and maintain distancing.

See if they can perform a warm-up activity while maintaining a proper distance.

Closure: What are some things we can do to lessen the spread to others in public areas?

Health: What factors can you think of that lessen disease risk factors?
What are some things that you personally have done to reduce your chances of testing positive for the Coronavirus?
What are some symptoms of the Coronavirus? If you have a symptom, does it mean you have the virus? What should you do if you or others in your family have symptoms?