

Grab It

Grade Level: 4-6

Skills: Reaction time, critical thinking skills and cross lateralization will be the main skills involved.

Objectives: **Standard 6.SDP.3:** Explore consequences for using technology inappropriately and discuss school policies.

Equipment: One beanbag for every two players. (small ball, tennis ball, etc. should be soft)

Organization: The 2 players sit facing each other with their legs crossed and the beanbag or object placed evenly between them.

Activity: Players place their hands upon their knees. The teacher calls out "READY" and then "GRAB IT" as the players try to grab the object first. Immediately return the object to the middle of the activity area.

Variations: Two objects are to be used, such as a ball and a beanbag, now the players must grab whichever object is called. Specify whether to use the left or right hand. You could also have the players use the opposite hand called, for example, call out right and the players must use the left hand. Left hand=odd, right hand=even, then call out numbers, equations, problems, etc.

True or False statements

While on your stomach

While in a push-up position

While in a sit-up position

Opposite objects are to be grabbed (say ball, grab beanbag) (Hint: tape odd/even or true/false on a desk so the students have a reminder)

Call out two numbers, e.g. 18=left hand and 24=right hand, if the answer is 18 inform them to grab with their left hand, for example, $9 + 9$, so you grab the object with your left hand. Use this variation with multiplication, subtraction and division as well. What number comes immediately after the number 6?

While using the true/false method, practice your science lesson in this manner. (e.g. the Earth has three moons, so the students would grab the object with their left hand because this is false.)

Closure: Is it important to think clearly? What distractions made you pick the wrong item or use the wrong hand?

Health: What sort of distractions might you face while using technology and the internet? Why is it important to recognize these distractions?

What is the school district policy for internet usage?

Why is it important to adhere to the policy?

What are some of the consequences for inappropriate internet use?

Piloted at: Eagle Bay