



## Slingshots

### **KEY SKILLS(S) and CONCEPT(S):**

**SUGGESTED GRADE LEVEL(S):** Grades 3-8

**OBJECTIVES(S):** Students will be able to:

- Run at a steady pace in a group
- Sprint from the back of a pack to the front over a specified distance

### **SUPPORT NATIONAL STANDARDS FOR PHYSICAL EDUCATION (NASPE, 2004):**

- 1 - Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- 2 - Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- 3 - Participates regularly in physical activity.
- 4 - Achieves and maintains a health-enhancing level of physical fitness.
- 5 - Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- 6 - Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **MATERIALS NEEDED:**

- A track or running path

### **DESCRIPTION:**

- Organize children by running speed in groups of 5-6. On the teacher's signal, the group jogs 200m at the halfway point, the last person in the group "slingshots" from the back to the front of the group. The students jog 200m to the start line and repeat the drill until everyone has a chance to slingshot.

### **TEACHING SUGGESTIONS/TIPS:**

- Modify distance by shortening it for younger/less experienced children.

### **VARIATIONS AND/OR SUGGESTIONS:**

- Have students walk 200m back to the start line for younger/less experienced children.