



## Activity Plan

**TITLE:** 10-Minute Turkey Trot (Cardio Quick Shot Activity)

**KEY SKILL(S) and CONCEPT(S):** Cardiovascular endurance

**SUGGESTED GRADE LEVEL(S):** 4-8

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

- Demonstrate cardiovascular endurance by jogging or running for 10 minutes.
- Demonstrate understanding and knowledge of pacing.
- Recognize individual similarities and differences and participate cooperatively in class activities.
- Independently treat peers, teacher, and property respectfully at all times.

### 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.
- 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:** Whistles or signal system, stopwatch, cones, bucket

### DESCRIPTION:

Prepare a bucket filled with Popsicle sticks, leaf cutouts or Fall-themed die-cut foam shapes, clothes pins, etc. Have students run around a pre-determined circuit and, upon completion of each lap, pick up one item from the bucket on their way past the start line. The goal is to keep moving for the entire 10 minutes collecting a new item each time passing the starting line.

*(Adapted from "NASPE's Teacher Toolbox." NASPE. November 2008. [http://iweb.aahperd.org/naspe/template.cfm?template=teachers\\_toolbox.html](http://iweb.aahperd.org/naspe/template.cfm?template=teachers_toolbox.html))*

### TEACHING SUGGESTIONS/TIPS:

- Prior to the Turkey Trot, challenge students to estimate how many laps they feel they can complete.

### VARIATIONS AND/OR EXTENSIONS:

- A fun way to motivate students to participate in running activities is to utilize seasonal activities that coincide with particular times of the year or various holiday themes. Some of these, beginning with Fall activities and leading into Spring activities, include a "Turkey Trot," "Reindeer Run," "Heart Run," "Bunny Run," "National Physical Education and Sport Week Run," etc.
- The next time there is a 10-minute challenge run, ask students to beat their previous accomplished distance and/or completion time.
- Have students wear pedometers and ask students to estimate how many steps they can accomplish during the run.
- Increase distance or time for the run.