



## Activity Plan

**TITLE:** Steal the Pin

**KEY SKILL(S) and CONCEPT(S):** Speed, agility, fleeing, dodging

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

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

- Demonstrate teamwork and improve/maintain cardiovascular fitness.
- Implement strategy to successfully accomplish objectives in the game.
- 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.
- 2 - Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance 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:** Foam Frisbee, bowling pins, cones, two hula hoops

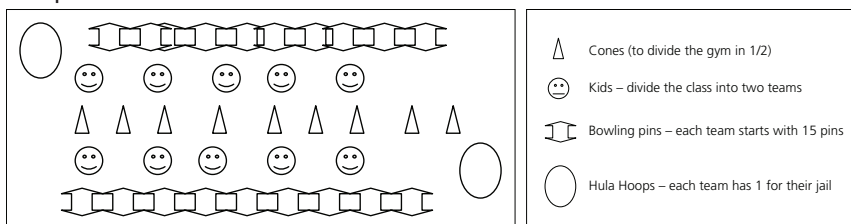
### DESCRIPTION:

**Warm-up:** Freeze Tag (Five minutes)

Pick three people to be taggers and give them each a foam Frisbee. Taggers use the Frisbee to touch tag other students – they do not throw the Frisbee to tag others. Once a student is tagged, he/she becomes “frozen” and stands with their hand up. Students still in the game can come by and give them a “high five” in order to unfreeze them. Play for one minute, switch taggers and repeat the game. Continue for five minutes.

**Basic Play Procedure:** Students have three options when playing the game: 1) they can stay on their own side and guard their pins; 2) they can sneak over to the other side and try to steal one pin and bring it over to their side; or 3) they can sneak over to the other side and rescue one of their teammates from the jail. They cannot rescue a teammate and steal a pin on the same trip. The game usually lasts 20 minutes. At the end of the designated time period the team with the most pins is the winner.

**Setup:**



### TEACHING SUGGESTIONS/TIPS:

- Students are not allowed to guard the jails.
- If someone slides on the floor, he/she need to pick up any pins knocked over and go directly to the jail.
- If a student touches a pin or a person in the jail on the opposite side of the gym before he/she is tagged, a “free back” is given to that student.
- Students can use “rock, paper, scissors” to settle any disagreements.