

Lesson 2 of 6

Scooter Activities

EQUIPMENT

obstacle free area » one scooter for each student » 10 pylons » 10 bean bags

RELATED RESOURCES

ABCD's of Movement for Kindergarten and Grade 1, Edmonton Public Schools, 2002, www.amazon.ca

Physical Education Online website, www.education.alberta.ca/physicaleducationonline

ABCD's of Physical Education



Do it Daily...For Life!

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Effort	
Safety	D(K-3)-3
Goal Setting/ Personal Challenge	
Active Living in Community	

Clues that students are achieving the outcome...

"Students will demonstrate the ability to listen to directions, follow rules and routines, and stay on-task while participating in physical activity." *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can follow the rules of each learning activity
- Students can complete the relay activities as instructed

Warm It Up

SCOOTER SWITCHTAG

As students enter the gym, review the safety rules from

lesson 1 and reinforce the importance of traveling safely on scooters. Invite students to take a scooter, check the casters and start traveling safely around the activity area in a variety of ways, directions and speeds. Play a game of Scooter tag (introduced in lesson 1), with the addition of the rule that a student not only takes the bean bag when tagged, but also switches scooters with the tagger. If two different colors of scooters are available, assign students on one color to be taggers and eliminate the use of bean bags.



Safety First!

Safety Guidelines for Physical Activity in Alberta Schools, Alberta Centre for Injury Control and Research (ACICR) 2013, www.acicr.ca.



Whoop It Up

SCOOTER RELAY ACTIVITIES

Be sure to take into account the abilities of all students when planning learning opportunities and incorporating variations as needed to ensure learning and success for all. Instruct teams of 3-4 students to line up single-file behind a designated start line that extends the length of the activity area. Place a pylon 10 meters away from each team as a turn around point. On the signal to begin, one student at a time from each team will perform the predetermined task as they move toward the pylon, travel around it and back to their team. Students will give the next teammate in line a high five when crossing the start line as a signal for them to complete the relay. Continue each relay for 2 minutes so that all teams stop at the same time. The challenge is for each team to complete the relay as many times as possible in the time provided. Instruct all students to pay attention throughout the activity as instructions might change in the middle of a relay. Lead students through the following relay activities: **Two-Hand, One Knee Relay** » students place both hands and one knee on the scooter and push forward with their free foot. Change legs at the turn around point. **One-Hand, One-Knee Relay** » students place one hand and one knee on the scooter and push forward with their free foot. Change hands and feet at the turn around point. **One-Hand Relay** » students place one hand on the scooter, tuck the other hand behind their back, and travel forward pushing with their feet. Change hands at the turn around point. **Kneeling Relay** » students kneel on the scooter and move forward using hands only. **Seat and Feet Relay** » students sit with their bottom and feet on the scooter and move forward using hands only. At the turn around point travel backwards to the start line. **Alligator Relay** » students lie face down on their scooter. They use hands and feet to 'crawl' like an alligator. At the turn around point have them travel backwards to the start line. **Free Choice Relay** » students choose their favorite way to travel on the scooter. At the turn around point they choose a second favorite way to travel back to their team. **Teacher's Choice Relay** » As students are participating in the relay activity the teacher calls out the method of travel. Each student traveling at that time must follow the selected method of travel. All students need to be listening attentively.



Safety First!

For safety, equipment, and supervision considerations when planning activities with scooters, see "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR) 2013, www.acicr.ca.



Wrap It Up

Scooter Centipede:

Each relay team remains in a single-file and places their legs in the lap of the student sitting in front of them. Each student is a section of the centipede. Students use their hands to propel the insect forward. The goal is to keep the centipede intact while traveling to the turn around point and back.