

## **BC SRC 2018: Motion Commotion!**

### **Program (Ages 9-12), Theme 3: On Your Mark, Get Set, Go!**

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#### **GAME**

Icebreaker Games: Start with an Ice Breaker as all the kids arrive. This will get everyone working and mingling together and eliminate any awkward beginnings. Below are a couple icebreaker games you could play- choose one and play for about 5-10 minutes.

**True False Run-** Great for any mix of ages

The group stands in the middle of a room (or if outside, between two markers e.g. cones). One wall/marker is nominated 'true' and the other 'false'.

The leader reads a statement, e.g. 'bats aren't actually blind'. On 'Run!' the kids must run for whichever side they think is correct - true or false - and whoever reaches the correct wall/marker first wins. **STAYING IN THE CENTRE IS NOT AN OPTION.** Disqualify stragglers if necessary. Tally the winners on a board and award the overall champion a prize.

Alternatively, the kids who choose the wrong answer are eliminated, and only the correct side continue to the next round.

**Snowball Fight-** Better if you have more older tweens than younger tweens

This is a great fun get to know you game. It works well as an icebreaker game and it's really quick to play. Also works for both big groups and small groups.

Hand out a piece of paper and a pen to each person playing. They then need to write down three facts about themselves - they can be simple and straightforward, or more obscure. Once they have finished, get them to scrunch up the piece of paper into a "snowball".

The next stage of the game is the snowball fight. Kids can throw the paper balls at each other from across the room. This can go on for as long or as short as you'd like.

Once you're ready, call out "stop" and get each kid to pick up the nearest piece of paper to them. They then need to un-scrunch it and read the three interesting facts then go around the room trying to find the person the facts match up to. It can be done as a race (ie. first person to find their person wins) or just as a general mixer. An optional extra could be to ask the kids what the most interesting facts were. *Materials Needed: paper, pens*

#### **STORY**

Choose one of the following stories (or one of your choice) to read:

***Ready, Set, Go!*** By Robert Munsch (CA)

***You are a lion! And other fun Yoga poses*** By Tae-eun Yoo

***I am Yoga*** By Susan Verde

## **ACTIVITY**

Choose one or more activity to play for 5-10 minutes:

### ***Basket Ball Practice story in Motion***

[https://www.educateiowa.gov/sites/files/ed/documents/1112\\_np\\_tn\\_sim\\_bballpraticce.pdf](https://www.educateiowa.gov/sites/files/ed/documents/1112_np_tn_sim_bballpraticce.pdf)

### ***At The Yoga Park story in Motion***

[https://www.educateiowa.gov/sites/files/ed/documents/1112\\_np\\_tn\\_sim\\_yogapark.pdf](https://www.educateiowa.gov/sites/files/ed/documents/1112_np_tn_sim_yogapark.pdf)

### ***Themed Word Time***

Set a timer for one minute (or 30 seconds). When the timer starts, the kids can write down as many words that fit in to the theme as they can think of. Small prize for kid that comes up with the most words (optional). Possible themes: A certain sport like Basketball, Dance, Exercise

Ex: Soccer- ball, net, goal, referee, team, jersey's, cleats, check, goalie, score, exercise, running, coach, foul, kick.

## **CRAFT**

Choose one of the following crafts:

### ***Exercise Dice*** [25-30 minutes]

<https://www.education.com/activity/article/exerdice/>



### ***Paper Plate Ring Toss*** [25-30 minutes]

<http://fromabcstoacts.com/ring-toss-circus-game>

To make a ring toss game of your own, you'll need:

- Paper plates
- Cardboard tubes
  - For the cardboard tubes, you can use paper towel tubes or, if you still have them, you can use an empty wrapping paper roll like we did and just cut it into 3 parts.
- Paint

- Scissors
- Paint brushes
- Glue
- Anything else you'd like to use to decorate your rings

To add a bit of a challenge to our game, we cut our cardboard tube into 3 different sizes (heights), but you could easily just use a couple of paper towel rolls to keep them all the same size.

To make your rings, take a couple of paper plates and either paint them, draw on them, or decorate them however, you wish.

If you're painting them, you'll want to put some newspaper or something down to cover your surface while you're painting them and waiting for them to dry. Once your plates have dried, cut the circles out of the middles.

To finish up, just take a paper plate and glue the end of one of your cardboard tubes right in the middle. Adding the paper plate will give your tube some balance and make it a lot easier to set up your game. They also won't fall over when you toss your rings on them.



## **BOOK LIST**

***Against all odds*** by Drew Lyon

***Art, Culture, and Sports*** by Jon Richards (CA)

***Booked*** by Kwame Alexander

***The Book of Wildly Spectacular Sports Science*** by Sean Connolly

***Camp So and So*** by Mary McCoy

***Dribble, Dribble, Drool!*** by Nancy E. Krulik

***Faster, Higher, Smarter. Bright ideas that transformed sports.*** by Simon Shapiro (CA)

***Ghost*** by Jason Reynolds (National Book Award Finalist)

***Harry Miller's Run*** by David Almond

***Women in Sports*** by Rachel Ignatofsky