

## MEMORY BALL &amp; MUSICAL CHAIRS

(60 min; 16 children\*)

## BEHAVIOR GOALS:

1. Experience having fun while being physically active.
2. Experience cooperative and group learning through sport.
3. Develop agility, flexibility and ball handling skills.

## LEARNING OBJECTIVES:

1. Children will learn warm up and cool down stretches to help loosen muscles, avoid injury and let the heart gradually adjust to higher and lower activity levels.
2. Children will learn water is the best beverage for hydration.

TOTAL TIME: 1 hour (without advanced prep)

Time	Activity
8 minutes	Children enter room and are directed to sit in a circle in the gym. The Group Leader administers Pre-test and opens discussion on GROUND RULES.
10 minutes	Stretch & Talk. A group leader will demonstrate each stretch. Assistants will observe and assist children. The group leader will simultaneously engage children in discussion about the importance of warm up and cool down stretching.
15 minutes	Explain, Practice & Play Memory Ball. Children will continue passing ball in given order they received it.
5 minutes	Transition & Water Break.
15 minutes	Explain & Play Musical chairs.
1 minute	Transition by having children march to the designated cool down area.
5 minutes	Talk, Cool Down & Flexibility Stretches. A Group Leader will demonstrate, and monitor stretches again. Assistants will motivate & assist children. While cooling down the Group Leader will lead discussion on the importance of cooling down and developing flexible muscles. See BACKGROUND INFORMATION for suggested order of stretching exercises.
1 minute	After cool down activities, the leader should administer the Post-test. When children are done they should sit or lie quietly. This is an excellent time to praise performance and effort; to commend cooperative behavior; and to encourage children to do these exercises while watching TV, talking on the telephone or listening to music.

## BACKGROUND INFORMATION FOR INSTRUCTOR:

## Warm-up, Cool-down &amp; Flexibility Stretches:

Warming up before vigorous exercise and cooling down afterwards are important for children. Proper warm up prepares the muscles, ligaments, joints, heart, and circulatory system for the additional activity. Warm up also reduces injury and improves motor skill performance. Cooling down should be done gradually by tapering down the activity level until the body enters a restful

---

\*Can be adapted to accommodate 10-40 children by changing the number of leaders and supplies.

state. Stretching while cooling down improves joint flexibility. Stretching is not a competitive sport. Do not encourage children to compete with each other when stretching. They should stretch regularly, consistently, and slowly. It is completely normal to be more flexible on some days than others and for some children to be more flexible than others.

It is important for children not to overdo an activity by trying to do too much at one time. It is important to start slowly. Overdoing it can cause soreness and injury. It could also cause them to give up on physical activity goals. Children should be encouraged to slow down or stop an activity if pain is felt. Drinking water is also important for preventing injury, before, during and after physical activity.

#### Memory Ball:

Memory Ball is an excellent game for fostering cooperation within a safe environment. Children develop hand eye coordination, memory, and ball handling skills as they quickly pass the ball in a given order. This game encourages children to pay attention while having fun. It increases cardio output while encouraging thinking, in a cooperative, non-academic setting.

#### Musical Chairs:

Being physically active can be fun as well as healthy. Games that cause children to interact with one another can build a sense of community and facilitate cooperative and group learning. Most children love music, and many children are familiar with and enjoy musical chairs. Selecting music with beats and rhythms that children enjoy may encourage and maximize pace and movement. Using slower beats for walking when starting musical chairs helps children adjust to the area while becoming aware of others around them. Gradually increase the pace of music, movement types (skipping) and complexity of movement (side slides) to increase heart rate, flexibility and cardio involvement. The children should be kept active and engaged with an emphasis on fun and movement. Since this is the first physical activity lesson, this will give leaders an opportunity to observe children's movement abilities, endurance, and energy levels as they engage in fun activity.

#### EQUIPMENT & SUPPLIES:

##### Warm-up, Cool-down, & Flexibility Stretches

- warm up, cool down and flexibility exercises can be done without any specific equipment, so they can be replicated at home
- space for children to do stretches without touching each other
- posters for "Ground Rules" and "Warm-up, Cool-down & Flexibility Stretches"

##### Memory Ball

- 4 cones for boundaries
- 1 ball per group of 16 children

##### Musical Chairs

- fast paced music
- music player (for tapes or CDs)
- 1 chair per person (include children and adults)
- (may need extension cord or batteries for CD or tape player)
- 0-20 nutrition questions written on index cards (see list at end of lesson).

##### Pre- & Post-Tests

- copies of Pre- and Post-tests (one each per child)

- 1 sharpened pencil per child
- 1 pencil sharpener

PERSONNEL: 2 adults or more

1. Adult Leader (1)
  - Oversee all activities including administering Pre- & Post-tests.
  - Model behaviors (fun, respect, keep moving).
  - Assist children with stretches.
2. Assistant (1 or more)
  - During stretches – demonstrate each stretch and assist children.
  - During Memory Ball – help with group.
  - During Musical Chairs - oversee music & remove chairs.
  - During Musical Chairs - oversee Nutrition Questions.
  - Enforce Ground Rules & collecting Pre- & Post-tests (may need to help children with reading).
  - Oversee children during water & bathroom breaks.

ADVANCED PREPARATION: 30 minutes

- Hang poster on wall for recording “GROUND RULES”
- Make poster listing “Warm-up, Cool-Down, & Flexibility Stretches” including: Head circles /neck, Arm circles/shoulders, Side bends/abdominals & back, Trunk twists/abdominals & back, Hamstring stretches/ back of the upper leg, Quadriceps stretches/front of the upper leg, & Calf stretches /lower leg.
- Set up cones to designate boundaries
- Set up music player and cue music
- Set out 1 foam ball per group of 16 children playing Memory Ball
- Set up 1 chair per person in a circle for Musical Chairs
- Write on index cards the Nutrition Questions that will be used with Musical Chairs
- Sharpen pencils for Pre- and Post-tests

ACTIVITY DIRECTIONS:

1. When children arrive in the gym immediately direct children to sit in a circle in the gym facing the group leader. Have assistants pass out the Pre-test while the leader explains that the children will answer 2 questions. Explain that it is ok if they don't know the answers because the information will be covered in the lesson today. They will get to answer the questions again at the end of the lesson. After the Pre-test is administered have assistants quickly collect completed tests. (Assistants and leaders should be prepared to help children with reading and writing if needed.)
2. Since this is the first Physical Activity meeting of this group, begin by establishing rules and expectations. Have children continue sitting on the floor then brainstorm what the ground rules should be. One of the Group Leaders should write these ideas on the poster titled “Ground Rules.” Ferret out the following:
  - Quiet hands
  - Listen while others are talking

- Respect others
  - Play safely
  - Have fun.
3. Transition the group to WARM UP STRETCHES. Read & demonstrate stretches, one stretch at a time, then have children try each one. Have children do stretches for the neck, shoulders, abdominals, and back, upper, and lower legs. Have adult assistants demonstrate and check to make sure children are doing stretches correctly.
  4. During Warm-up Stretches, talk about warming up, cooling-down, stretching, and why all are important to our exercise programs and maintaining an active lifestyle. Use the following questions to guide discussion.
    - Why is it so important to warm up & stretch before activity? (Loosen muscles, avoid injury, and let our heart gradually adjust to a higher activity level.)
    - Why is it important to cool down after being active? (To let heart become adjusted to regular activity again, to let muscles return to normal.)
    - What happens when we overdo an activity by trying to do too much at one time? (Become sore, hurt ourselves, cause injury, give up on our physical activity goal because we are sore or injured. It is important to start slowly.)
    - What should we do if we start to feel pain while being active? (Slow down or stop.)
  5. While warming up, challenge children to use the knowledge they've learned. Ask them which muscles they are using with each stretch.
  6. As children move to the area designated for Memory Ball, explain that it is EXTREMELY IMPORTANT to come to Physical Activity dressed in loose clothes that allow freedom of movement without having to worry about exposure, and athletic shoes should always be worn. Since this is the first Physical Activity Lesson there is a chance children may not be dressed for stretching, so keep this in mind when doing demonstrations. Take care not to embarrass children because of their clothes or footwear. Some children may not come with appropriate clothes even after they have been told to, and this could be financial or family-related.
  7. Explain Memory Ball. The objective is to pass the ball to each person in your circle in the same order every time. You must toss it across the circle, not to someone next to you. Remember who passes the ball to you, and to whom you pass the ball.
  8. Distribute ball and let children practice. During practice encourage children by telling them how well they are doing as they succeed in passing the ball to the right order. Challenge children by asking to see how long they can actually play Memory Ball and keep the ball going in the correct order. Have an assistant time the children and see if they can do better each time.
  9. Transition to Musical Chairs & Water Break. Tell children that drinking water is important for preventing injury. It is important for them to keep hydrated before, during, and after physical activity. Muscles need extra water while they are working, and activity dehydrates or takes water from the body quickly.
  10. Explain Musical Chairs. The objective is for participants to keep moving around the chairs, and when the music stops the participant left standing must answer a nutrition question. If s/he answers the question correctly, s/he can stay in the game; otherwise, s/he must stay out for one round and dance or otherwise keep moving in a designated area, while the music is playing. Remove a chair each time a player leaves the game. When a player returns another chair is

added. The main objective of the game is not to have a winner but instead to keep the children walking, skipping, hopping, jumping, galloping and moving around the chairs.

11. Challenge children as they finish Musical Chairs. Ask who remembers what we should do following physical activity (cool down and flexibility stretches.) Explain that when exercising our heart beats faster. Cooling down by stretching helps our heart rate return to normal.
12. Begin Cool-down & Flexibility Stretches. Children should notice that they are able to reach and stretch muscles further following play and activity because their muscles are warm. Now is a good time for them to improve flexibility by holding their stretches for at least 10 seconds. If they feel pain they should not stretch quite so far.
13. During cool down, have children talk about the activities they will do at home. Ask them to say which muscles they would need to warm up and stretch to avoid injury and to loosen up muscles appropriately.
14. Finally the leader should administer the Post test and have assistants collect them. When children are done have them lie or sit quietly. Commend children for their efforts in the class. Give special recognition to those who made specific achievements.

#### REFERENCES:

- Stretches, SPARK After-School Activities Binder:  
Warm-up (or) Cool-Down Activities, p 1-3.
- Memory Ball – refer to “Great Games” p. 13.

EVALUATION: To be completed by activity leaders following delivery of exercise

	WARM-UP, COOL-DOWN & FLEXIBILITY STRETCHES		MEMORY BALL		MUSICAL CHAIRS	
	Rating*	Specific recommendations to improve	Rating*	Specific recommendations to improve	Rating*	Specific recommendations to improve
Timing						
Equipment / supplies						
Personnel / staffing						
General response of <u>children</u>						
General response of <u>adult</u> leaders						

\*Rating of 1 - poorly received to 5 - enjoyed by all

Other comments:

\_\_\_\_\_ Date

\_\_\_\_\_ Name (Optional)

## NUTRITION QUESTIONS FOR MUSICAL CHAIRS OR MUSICAL MATS:

1. Is an apple a fruit or a vegetable? (a fruit)
2. Can you name a food group? (fruits, vegetables, grains, meat, dairy)
3. Is a carrot a grain or a vegetable? (a vegetable)
4. How many food groups are there (five)
5. What food group does milk go in? (dairy)
6. Is it better to eat foods that have lots of fat? (no)
7. Can eating too much fat lead to poor health? (yes)
8. Are whole grains good for us? (yes)
9. Are potato chips filled with vitamins and nutrients? (no)
10. Should we eat at least 10 servings of candy every day? (no)
11. Is it better to eat animal fat or fats that come from plants? (fats that come from plants)
12. What food group does chicken belong to? (meat)
13. What food group do beans belong to? (meat)
14. Is it healthy to eat the skin from chicken? (no)
15. Can you name a vitamin found in oranges? (vitamin C)
16. Can you name a vitamin found in carrots? (vitamin A)
17. Is vitamin A good for our eyes? (yes)
18. Do whole grains contain fiber? (yes)
19. Does soda belong to the fruit food group? (no)
20. Should we eat a variety of fruits and vegetables every day? (yes)

PRE-TEST QUESTIONS

1. Warm up and cool down stretches help
    - a) Loosen muscles
    - b) Avoid injury
    - c) The heart adjust to higher and lower activity levels
    - d) All of the above
  
  2. The best beverage for hydration is
    - a) Chocolate milk
    - b) 2% milk
    - c) Water
- 

POST-TEST QUESTIONS

1. Warm up and cool down stretches help
  - a) Loosen muscles
  - b) Avoid injury
  - c) The heart adjust to higher and lower activity levels
  - d) All of the above
  
2. The best beverage for hydration is
  - a) Chocolate milk
  - b) 2% milk
  - c) Water