

	Name of Activity				
	Cause and Effect Cardio				
Submitted by	Christina Luntzer, 2014 National Adapted PE Teacher of the Year				
National Standard(s)	Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.				
Grade Level Outcome or Performance Indicator					
Activity Objective	Students will be able to model emerging rhythm, locomotor and non-locomotor skills.				
Grade(s)	Adapted PE				
	Ipod/Various other CD's Task Chart CD player/Wireless connection Fidget Box	Polyspots Name Cards			
Materials	2 or 4 volleyball standers Station visuals	Red Basket for clean up			
	2 or 4 long jump ropes Big Mac switch with velcro	Fishing wire			
	Tambourine Bubbles	Pan with wooden spoon			
	Bicycle horn Maracas	Castanets			
	Noise Stick 2 lummi sticks	Stability ball or medicine ball			
		Ring instruction/behavior charts ety cones			
	Hula hoop for each student in class				
	Activity Description				



Instant Activity

Walk 4 laps around the gymnasium

Warm Up

Follow the teacher: Complete 12 activities that support cardiorespiratory endurance (4), physical fitness (4) and crossing the midline brain gym (4)

Squats, sky punches, jumping jacks, arm circles, opposite shoulder touches, run in place, cross crawls, plank

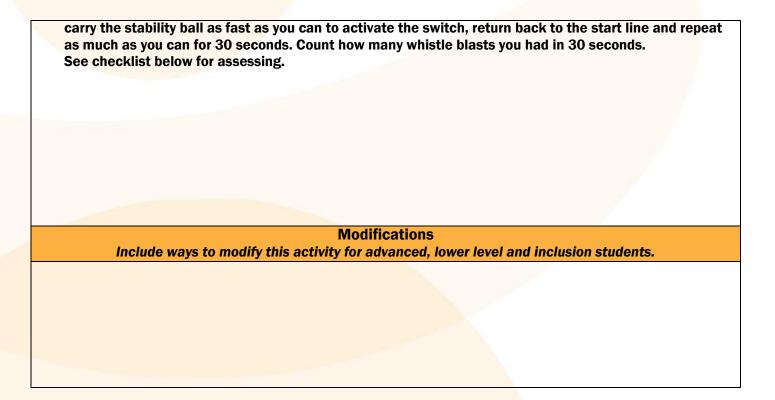
Cause and Effect Activities

Set up the 2 volleyball standers and run a long jump rope across the top. Attach each item to the rope with fishing wire approx. 2 feet apart from each other. I typically set up 2 stations with 5 items on one rope and 4 on the other. The big mac switch exercise should be done about 10-15 feet away from wall with big mac switch attached to wall with Velcro.

Each student should position themselves at a different activity along the jump rope line. The activity should continue until every student has completed all 10 activities. Activities should be run like an interval routine (30 seconds fast manipulation and 30 seconds rest, then switch).

- Shake the tambourine- objective is to beat and shake the tambourine as hard as you can for 30 seconds.
- Beat the pan with the wooden spoon- objective is to beat the wooden spoon on the pan as loudly and as many times as you can for 30 seconds.
- Blow bubbles- objective is to have someone hold the bubble wand if needed and you blow as many bubbles as you can for 30 seconds. You can use the long bubble wand if appropriate and the student can move around creating a lot of bubbles with their arm as well.
- Squeeze the bicycle horn- objective is to squeeze the bike horn as many times as you can for 30 seconds making as much noise as possible.
- Click the castanets- objective is to have a set of castanets for each hand and the students to click the
 castanets like lobster claws as fast as they can for 30 seconds.
- Shake the maracas- objective is to shake the maracas as much as you can for 30 seconds.
- Shake the noise stick- objective is to manipulate the noise stick up and down and much as you can making the stick produce noise for 30 seconds.
- Tap and/or rub the lummi sticks- objective is to manipulate the sticks as fast and as long as you can for 30 seconds.
- Beat the drum with the drum stick- objective is to bang the drum stick to the drum as much as you can for 30 seconds.
- Activate the whistle on the big mac switch with the stability or medicine ball-objective is to start 10-15
 feet away from the big mac switch (which is set with a whistle blast every time you tap the switch) and







Cause & Effect Cardio Lesson Checklist

Student's Name:	D	Oate:		
Instant Activity	Always	Sometimes	Never	Not Observed
Walks around the gymnasium				
Walks fast				
Walks slow				
Warm Ups				
Performs non-locomotor skills (e.g., twisting, turning, balance, bending)				
Moving safely around environment				
Performs locomotor skills (e.g., running, jumping, galloping, hopping, skipping)				
Moves arms correctly for jumping jacks				
Holds body up in the plank				
Stretches to with the group				
Activity				Not
Keeps a rhythm for 30 seconds	Always	Sometimes	Never	Observed



Uses physical education equipment appropriately		
Works as hard as the student can for 30 seconds		1
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