



ASAP

Ready...

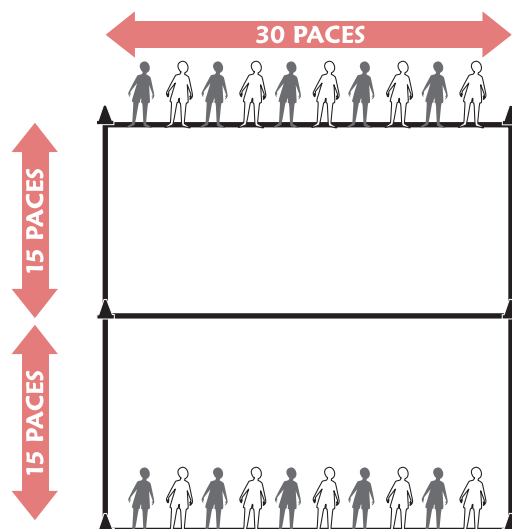
- 6 cones (for boundaries)
- Music and player (optional)

Set...

- Create a large (30X30 paces) activity area with 2 cones forming a midline.

GO!

1. The object of *Meet Me in the Middle* is to warm up major muscle groups and cooperate with a partner.
2. As you enter the activity area, find a partner. Move to stand on the opposite endline from your partner.
3. On signal, jog to meet your partner in the middle, do the task I call, then return to your original line.
4. Each time you meet in the middle, I will add a new task to the old tasks. Do the first task first, then add the 2nd, the 3rd, and so on, until you've sequenced them all.
5. (Below is an example:)
 - High-five R hands
 - High-five L hands
 - Jump and turn 360°
 - Jumping high-ten
 - Elbow turn R and L
 - Do sa do
 - Create your own (Add 1-4-Fun)



CHALLENGES

- ★ How many tasks can you sequence without forgetting any?
- ★ Can you add your own twist to the tasks?

CUES

- ★ Keep adding on to the first task.
- ★ Work with your partner to remember the tasks in order.
- ★ Be gentle with your partner.

MEET ME IN THE MIDDLE

*SPARK™ IT UP!

*** More Aerobic**
(Spread cones farther apart to increase aerobic fitness.)

*** Kids Call**
(Call individual students to give a new task for each round.)

*** Pair Creation**
You and your partner create your own tasks each round. This will be your own original “Pair Creation.”



ACADEMIC

Math (Finding the Middle)
I’ll call a number between 1 and 100. When you meet your partner in the middle, both say the number that is half of that number (or the middle). For example, I call 68, you and your partner call 34 before you start your moves.



STANDARDS ADDRESSED

National PE Standards

Movement/Skills:

Locomotor, non-locomotor skills

Fitness:

Cardiovascular endurance, upper body strength, understanding warm-up concepts

Personal/Social:

Cooperation, accepting challenges

Your State (Write in here)



PAULA’S POINTERS

- Use rowdy, stadium-type music to motivate students.
- Allow faster students to meet partner past halfway.

NOTES

