

## Student Travel Tally Warm-Up

**Skills:** Dodging and fleeing, locomotor travel, knowledge of the various ways to get to and from school

**Fitness Target:** Aerobic Capacity, Muscular Endurance, Muscular Strength

**Virginia Standards:** Health 1.2b, 1.3h, 1.6a, 2.5b, 3.1c, 3.5b, 4.6a, 5.5c  
PE 1.1a, 1.2a, 1.5a, 2.1, 2.4, 3.2a, 3.3, 3.4c, 4.3, 4.4a, 5.5b

**National Standards:** Physical Education - S1.E1.1, S1.E1.2, S1.E1.3, S1.E2.2a, S1.E1.3, S2.E2.1, S2.E2.2, S2.E2.3

**Equipment:** A collection of 6-sided number generators (dice), 6 transportation cards, and 6 activity task cards

### **Activity:**

Before the activity begins, the teacher will discuss or review the various ways that student can get to and from school;

- 1) Walk
- 2) Ride a bike
- 3) Ride in a car with family
- 4) Carpool – ride in a car with friends
- 5) Ride the school bus
- 6) Travel a different way (scooter, skateboard, etc.)

After the review or discussion, students will find an open space in the playing area. When the teacher says **travel**, the students will move around inside the boundaries demonstrating their ability to move safely in open space. Students should keep their hands to themselves during the activity. When the teacher calls out **go to school** the students will quickly stand near one of the transportation task cards that are posted on the sides of the playing area. At each transportation option task card, the teacher will also place a fitness task card. When students arrive, they will complete the task on the card and begin traveling in open space again. Each time the teacher calls **go to school**, the students will go to a new location and complete a new fitness task until they have made it to all 6 transportation task cards. At the end of the warm-up, the teacher can ask the students to stand at the transportation task card that matches how they arrived at school that day so that the teacher can collect the data needed for the student travel tally. After collecting that data, the teacher will ask the students to move to the transportation task card that matches the way they will go home later in the day.

### **Teaching Tips:**

- Have students demonstrate different locomotor patterns or animal walks during the activity.
- Have students change levels and pathways when practicing their movements in open space.
- Change the fitness activity so that it targets areas of student weakness.
- Increase or decrease the number of repetitions for the fitness tasks to make the activity easier or more challenging for your students.
- When collecting the data for two classes, have one class stand at the transportation task card while the other class sits allowing you to obtain an accurate count for each class.
- Use this activity to reinforce important safety concepts related to being a pedestrian, a cyclist, riding on the bus, or in a car.
- To randomize the activity, number each of the transportation task cards (1-6) then place several random number generators (RNG also known as dice) into a hoop in the center of the playing area. When the teacher says **go to school**, the students will roll a RNG which will identify which of the transportation task cards the student must stand near. When the activity task card is completed, the students will continue moving in open space until the next time the teacher says **go to school**.