

AWAKEN THE EARTH

STUDENT TARGETS

- ✓ **Skill:** I will demonstrate hand-eye coordination while throwing.
- ✓ **Cognitive:** I will discuss throwing skill used in lifelong activity.
- ✓ **Fitness:** I will actively engage with classmates in a cultural game called Ang-Konn (Cambodia).
- ✓ **Personal & Social Responsibility:** I will demonstrate focus by working with classmates to successfully complete the Awaken the Earth challenge.

TEACHING CUES

- ✓ Eyes on Target
- ✓ Focus on Form
- ✓ Be Kind

ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✓ 5 four-inch bean bags per student
- ✓ 5 hula hoops per group of 3-4 students
- ✓ 1 jump rope per group of 3-4 students
- ✓ 1 toss technique poster per group of 3-4 students

Set-Up:

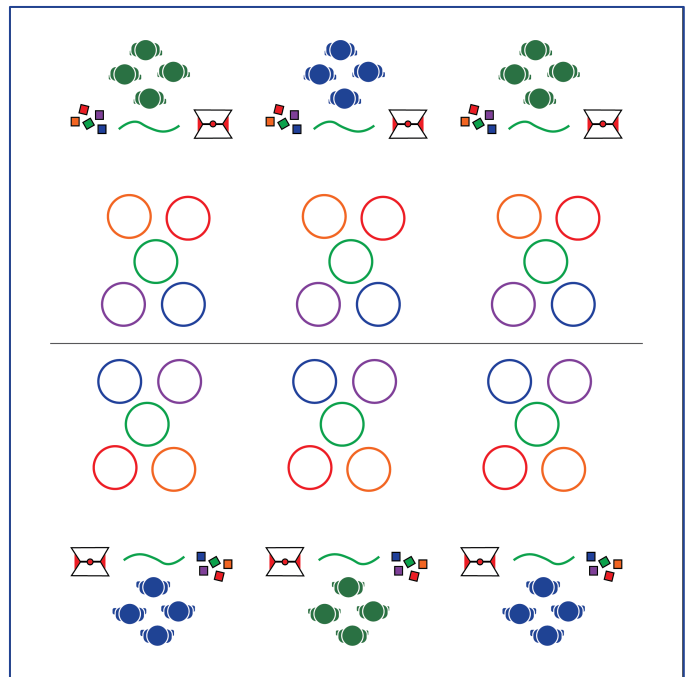
1. Create groups of 3-4 students.
2. Create a boundary line with each team's jump rope. Stagger 5 hoops 15-25 feet from the line.
3. Each player will need 5 bean bags. Students can share bean bags if necessary.

Activity Procedures:

1. Today's challenge is called Awakening the Earth. We have travelled to Cambodia to complete the OPEN 8 Adventure Challenge and will play a traditional Cambodian game called *Ang-Konn*. The game is commonly played on New Year's Day with fruit seeds. We'll use bean bags instead of fruit seeds.
2. The object of the game is to throw a bean bag into each of the 5 hoops.
3. Each student takes 5 throws per turn and must use correct technique for each: 1st: underhand with right hand; 2nd: underhand with left hand; 3rd: underhand under right knee; 4th: underhand under left knee; 5th: back to the target, throw over their shoulder.
4. After all players have thrown, the player with the most bean bags in the hoops wins the round. Players track how many rounds they win. Continue playing additional rounds until the teacher calls out "AWAKEN THE EARTH!"
5. On that signal, all students perform the designated fitness activity (jumping jacks, burpees, etc.), and then quickly move to find a new group to play against.

Grade Level Progression:

- 6: Students throw to stationary targets.
- 7: Students modify the hoop patterns and/or types of throws used.
- 8: Students modify the activity to create a new backyard game that could be played at home with friends.





AWAKEN THE EARTH

UNIVERSAL
DESIGN
ADAPTATIONS

- ✓ **Adaptation:** Use yarn balls or another object of the student's choosing. Simplify the types of throws required.
- ✓ **Extension:** Allow students to choose between more challenging objects to throw (e.g., balls of different materials, Critters, etc.).

ACADEMIC
LANGUAGE

Accurate, Cooperate, Challenging, Sequence, Spirit of the Game, Throwing

STANDARDS
& OUTCOMES
ADDRESSED

- ✓ **Standard 1 [M18.6-8]:** Executes consistently (70% of the time) a mature underhand pattern for target games such as bowling, bocce, or horseshoes (6-7); Performs consistently (70% of the time) a mature underhand pattern with accuracy and control for one target game such as bowling or bocce (8).
- ✓ **Standard 2 [M9.6-8]:** Selects appropriate shot/club based on location of the object in relation to the target (6); Varies the speed and/or trajectory of the shot based on location of the object in relation to the target (7); Varies the speed, force, and trajectory of the shot based on location of the object in relation to the target (8).
- ✓ **Standard 5 [M6.6-8]:** Demonstrates respect for self and others in activities and games by following the rules, encouraging others and playing within the spirit of the game or activity (6); Demonstrates the importance of social interaction by helping and encouraging others, avoiding trash talk and providing support to classmates (7); Demonstrates respect for self by asking for help and helping others in various physical activities (8).

DEBRIEF
QUESTIONS

- ✓ **DOK 1:** How would you perform an accurate throw/toss?
- ✓ **DOK 2:** How does a focus on accuracy affect your throwing performance?
- ✓ **DOK 3:** How is technique related to accuracy when throwing at a target?
- ✓ **DOK 1:** What does Spirit of the Game mean?
- ✓ **DOK 2:** How did/can you apply Spirit of the Game to Ang-Konnh?
- ✓ **DOK 3:** What evidence from today's class would you select to support the importance of Spirit of the Game? Can you elaborate on why you chose those facts?

TEACHING
STRATEGY
FOCUS

Help students examine their reasoning: Prompt students to reflect on their performance and behavior with an emphasis on logic and proof. Challenge them to explore the day's lesson in order to identify proof of their reasoning, and then prompt them to examine and defend that reasoning. The resulting discussion will reflect an analysis of perspective for errors and fallacies, and a critique of the overall logic of their thinking.