

Seal Race

Purpose of this activity is for the students to review the information they have learned about seals and their movements.

**** Relay races are often competitive and if competition is controlled can be a motivational factor for some students. Relay races can also be timed and have the teams (small groups) keep track of how many times they complete the task and then rerun to see if the groups can beat their previous score. This can really tone down the competitiveness and students work together to beat their own score and not be the overall winner. I find that this type of race results in more students being successful.****

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| Objectives: | <p>Students will...</p> <ul style="list-style-type: none"> > Identify parts of the seal and how they are used to propel themselves. > Demonstrate the movements of the seal with their own bodies > Develop their kinesthetic awareness by balancing a beach ball on their nose and moving with the ball balanced. |
| Equipment: | <ul style="list-style-type: none"> > Open Space > Beach Balls > Cones or Field Markers > Scooters |
| Set up: | <p>Students are divided into teams. A variety of techniques for making teams is included at the end of this packet. The game is set up as a typical relay race.</p> |
| The Game: | <p>The object is for the students to imitate the seal and its movements. This game can be played in a couple of different ways. The students lay down on their stomachs. Students push up from their arms leaving their hips and legs on the ground. The students pull themselves across the floor dragging their legs behind them. If students are having trouble and are using their legs they can carry a ball between their feet as they drag themselves across the floor. A second way to play the game is to have the student walk in an upright position, but balance a beach ball on their nose as they walk. If the ball falls off they must return to that position before continuing. Another way to play the game is to have the students place their feet on a scooter and walk dragging their legs behind them.</p> |
| Evaluation: | <p>The game is used as a beyond activity in the M.A.R.E. curriculum. The game reviews the information covered in the curriculum and checks to see if the students understand the information. Success is measured by the students beating their own previous score, and by their behavior as seals.</p> |

