

Please note: Activities are member submitted and not approved prior to uploading by SHAPE America staff.

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		
Materials	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> Ipod/Various other CD's Task Chart CD player/Wireless connection Fidget Box 2 or 4 volleyball standers Station visuals 2 or 4 long jump ropes Big Mac switch with velcro Tambourine Bubbles Bicycle horn Maracas Noise Stick 2 lummi sticks Drum with drum stick No Touch/Stop Signs Hula hoop for each student in class </td> <td style="width: 50%; vertical-align: top;"> Polyspots Name Cards Red Basket for clean up Fishing wire Pan with wooden spoon Castanets Stability ball or medicine ball Ring instruction/behavior charts Safety cones </td> </tr> </table>	Ipod/Various other CD's Task Chart CD player/Wireless connection Fidget Box 2 or 4 volleyball standers Station visuals 2 or 4 long jump ropes Big Mac switch with velcro Tambourine Bubbles Bicycle horn Maracas Noise Stick 2 lummi sticks Drum with drum stick No Touch/Stop Signs Hula hoop for each student in class	Polyspots Name Cards Red Basket for clean up Fishing wire Pan with wooden spoon Castanets Stability ball or medicine ball Ring instruction/behavior charts Safety cones
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Activity Description			

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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

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carry the stability ball as fast as you can to activate the switch, return back to the start line and repeat as much as you can for 30 seconds. Count how many whistle blasts you had in 30 seconds. See checklist below for assessing.

Modifications

Include ways to modify this activity for advanced, lower level and inclusion students.

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Cause & Effect Cardio Lesson Checklist

Student's Name: _____ Date: _____

Instant Activity

	Always	Sometimes	Never	Not Observed
Walks around the gymnasium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walks fast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walks slow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Warm Ups

Performs non-locomotor skills (e.g., twisting, turning, balance, bending)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moving safely around environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Performs locomotor skills (e.g., running, jumping, galloping, hopping, skipping)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moves arms correctly for jumping jacks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Holds body up in the plank	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stretches to with the group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity

	Always	Sometimes	Never	Not Observed
Keeps a rhythm for 30 seconds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Uses physical education equipment appropriately

Works as hard as the student can for 30 seconds