



Pre-K-Grade 5

Maine Learning Results: Health and Physical Education

I1 Pre-K-2, 3-5

I2 PreK-2, 3-5

www.MaineAgintheClassroom.org



Games and Physical Activities

Developed by the Island Institute, Rockland, Maine
Revised and formatted by Maine Agriculture in the Classroom

Activity Description:

The games and activities can be used as formal parts of lessons, to supplement on a day when you sped through your planned activities, or as a move around break. Some have already been included in other lessons.

Learning Objectives:

Students will

- Reinforce their understanding of basic aquaculture terms and ideas

Materials:

- Large piece of paper
- Marker
- Foam or paper cut into the shape of a kelp blade
- Tape
- Blindfold
- Photosynthesis Relay Race materials
- Seaweed specimens
- Kelp blade
- Hot water

Procedure:

Spore Off: Students stand in a group, “spore off” by running to a designated point, and “attach to the line” by running back to their original location and pretending they are holding onto a rope like a kelp blade would.

Kelp Dance: Participants imagine they are a piece of kelp and move as they think a piece of kelp would move in the water.

Pin the Holdfast on the Longline: Draw a line on a large piece of paper, and tape the paper to the wall. Participants take turns being blindfolded and spun around and then trying to tape a foam or paper kelp blade to the longline.

Photosynthesis Relay Race: Instructions can be found at:

<http://www.ellenjmchenry.com/downloads/PhotosynthesisRelayRace.pdf>



Name That Species: Students identify seaweed specimens. You can make this competitive or keep it loose and freeform. You can collect specimens prior to the session or go on a field trip. As always, please keep safety in mind if you venture out into the field.

Hot Water Dip: Dip a piece of sugar kelp in boiling hot water and watch its color change from olive brown to bright green. Please be cautious with hot water and heating implements. Only adults should handle these items.



Photosynthesis Relay Race

The goal of this game is to reinforce the photosynthesis formula:



while at the same time allowing restless student to engage in active play.

You will need:

- Two pieces of green construction paper
- Four small (standard 3.5"x6.5") envelopes
- Glue stick or white glue
- Marker
- Copy of the card pattern page with pieces cut out
- A flashlight for each team



The reverse side of the leaf will say "OUT."

Directions for assembly:

Cut two large green leaves. Cut the flaps off the envelopes, then glue an envelope on each side of each leaf, with the open side of the envelope facing out. Label the envelopes on opposite sides of the leaves "IN" and "OUT."

Photocopy the card pattern page onto card stock, if possible, to make the cards more durable. However, plain paper can be used as well. Cut out all the cards.

Optional: Decorate or color the cards to make them more readable at a quick glance. For instance, put a raindrop on the water cards.

How to set up the game:

You will need to prepare the leaves ahead of time by putting cards for WATER, OXYGEN and GLUCOSE in the OUT pocket of the leaves. Put WATER and CARBON DIOXIDE cards in neat piles at the start line. Put the leaves at a distance from the start line. (If your students need to stretch their legs, put the leaves really far away!) Put the flashlights next to the leaves.

How to play the game:

On the word GO, the first member of the team takes either a CARBON DIOXIDE or a WATER card, runs to the leaf, and puts it into the IN pocket of their leaf. They run back, tag the next player. The second player takes the other card (whatever the first player didn't take, either water or carbon dioxide) and runs to the leaf. He puts this into the IN pocket, then runs back. The third player runs to the leaf, turns on the flashlight, shines it on the leaf briefly, turn it off (leaves the flashlight there) and then runs back. Now the leaf has had all the necessary ingredients for photosynthesis! The fourth player runs to the leaf and takes out just one of the cards in the OUT pocket and runs (taking the token with him) back to team. The fifth player runs to the leaf, takes another card out of the OUT pocket and runs with it back to the team. The sixth player runs to the leaf and takes out the last card in the OUT pocket. When the last player gets back to his team with the last product of photosynthesis, the team is done. First team to accomplish all this wins the game.

Variations: This game is a lot of fun to play again and again if you change the method of locomotion to and from the leaf. Have them hop, skip, walk backwards, crawl, carry a ball between their knees, etc. This way they get the repetition of the photosynthesis formula without making them bored with the game. Even middle school and high school ages like the game when played with creative variations like this! It brings a lot of laughs, as well as learning.



ellenjmchenry.com



WATER	WATER
WATER	WATER
CARBON DIOXIDE	CARBON DIOXIDE
OXYGEN	OXYGEN
GLUCOSE (SUGAR)	GLUCOSE (SUGAR)

