FUN-damental Scramble



**intent:**

Cooperatively engage in a community building activity in preparation to learn about fundamental movement skills (FMS).

**OUTCOMES:**

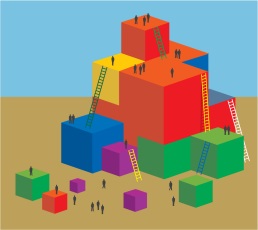
* Participants will cooperatively engage in movement as they try to retrieve cards from different areas of the room while holding onto crepe paper.
* Participants will match vocabulary cards and definition cards using locomotor skills.

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**Materials Required:**

* Handout 1: Physical Development Glossary
* FMS vocabulary cards
* FMS definition Cards
* Six-inch strip of crepe paper for each team (tear or cut)

**Time:** 7–8 minutes

 **Process:**

1. Prepare participants for the activity by reviewing Handout 1: Physical Development Glossary.
2. Scatter FMS definition cards and FMS vocabulary cards face up on opposite sides of the area. Use a rope/chalk/tape as the start line.
3. Invite participants to line up by teams/tables behind the start line (approximately 5-6 participants per team). Each team needs a six-inch strip of crepe paper.
4. Activity prompts and directions:
   1. How familiar are you with the vocabulary related to physical development? FUN-damental Scramble is a cooperative activity that will connect movement and vocabulary.
   2. On the GO signal, each team will travel to an area of scattered cards on the floor, pick up one card, and return to the start line**.** Teams willthen go to the opposite area to retrieve the correct vocabulary or definition card that is needed to make a match.
      * + You may choose whichever area to travel to first. Some will want to pick up the definition card first and then find the vocabulary word that matches or vice versa.
   3. Teams will continue making matches until time is called or all cards have been picked up (usually two minutes).
   4. Once the game is over, teams will check to see how many correct matches they collected by referring to Handout 1: Physical Development Glossary.
   5. It is important to travel together because every break in the strip of the crepe paper will result in one match being deducted. If a break occurs, teams have to stop and tie it back together.
   6. This activity provides us with the vocabulary we need to explore the Fundamental Movement Skills strand.
   7. Let’s get started! Every team needs to hold onto a six-inch strip of crepe paper behind the start line. Work cooperatively and travel safely – be aware of others!
   8. Ready GO!

**OPTIONS:**

* Add more length to the crepe paper for teams with more than six members—typically one foot for each participant. Try to keep teams with even numbers.
* Make two or three sets of vocabulary and definition cards for larger training sessions. Laminating cards is suggested for multiple uses.
* Change the locomotor skill used during the activity or ask for a participant to name a locomotor skill everyone can move to.

