Clean Your Room



**intent:**

Transfer the mature throw skill learned during a previous activity to a cardiovascular-intense game.

**OUTCOMES:**

* Participants will actively engage in a cardiovascular-intense game.
* Participants will apply a mature throwing technique for an overhead throw using the method taught during Activity 3: Ding-a-Ling Drill.
* Participants will acquire knowledge of a game that can be shared with staff and families that incorporates throwing and active physical play.

MCBS00539A0000[1]**Materials Required:**

* Ample space, free of obstacles for safe moving and throwing
* Yarn balls (1 per person)
* Dividing line (e.g., rope, chalk, tape, cones, etc.)
* Music to start/stop activity and music player



**Time:** 7-8 minutes

 **Process:**

* Prepare an area that can be divided in half and has ample space to move (outdoors: on grass or blacktop, inside: in a large room).
* Separate the participants into two equal sides (\*See the easy organizing tip below.).
* Toss half of the yarn balls on one side and the remaining yarn balls on the other side.
* Activity prompts and directions:
  + This game is called, “Clean Your Room.” Pretend that this is your room and you have been asked to clean it. The easy way to clean it is to throw everything to the other side!
  + When the music in ON, everyone will throw yarn balls to the opposite side.
  + After 30 seconds, the music will STOP. Everyone will stop throwing and make an X (feet apart, arms stretched to the sky) with their whole body. We will count the yarn balls to see which side has the fewest and then we’ll begin again.
  + Here are the safety rules:
    - Stay on your side.
    - Be careful not to hit other people or objects when you throw.
    - NO FEET are allowed. No kicking the yarn balls; someone might be leaning down to pick up a ball near you.
  + When you hear the music turn on, begin throwing the yarn balls to the other side of the room. Ready—clean your room!

\*Easy organizing tip: Have participants get into pairs. One person is an apple, the other is a kiwi. Apples go on one side of the play area; kiwis go on the other side.

**OPTIONS:**

* Extra yarn balls may be used to create a higher intensity activity.
* If music is not available, use a whistle, loud bell, or loud sound to stop play.
* This game is cardiovascular intense, so use short increments—30-45 seconds at a time. In between rounds, ask the group to check their heart beat. If their heartrate has increased, remind them that happy and healthy hearts like to beat faster throughout the day. Hearts say, “Thank you, thank you for keeping me healthy!”
* For smaller groups, integrate math into the activity by counting the yarn balls and comparing which side has more or less.