**Connections to National Standards** [(download national standards/grade level outcomes here)](http://www.shapeamerica.org/standards/pe/)

(The activities in this presentation are designed to fit the following standards and learning outcomes)

***Standard 4: Exhibits responsible personal and social behavior that respects self and others***

*S4.H2 Rules & etiquette****:***

Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1)

*S4.H3 Working with others*:

Uses communication skills and strategies that promote team/ group dynamics.50 (S4.H3.L1)

Assumes a leadership role (e.g., task or group leader, referee, coach) in a physical activity setting. (S4.H3.L2)

*S4.H4 Working with others*

Solves problems and thinks critically in physical activity and/ or dance settings, both as an individual and in groups. (S4.H4.L1)

Accepts others’ ideas, cultural diversity and body types by engaging in cooperative and collaborative movement projects. (S4.H4.L2)

***Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction***

*S5.H2 Challenge*

Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity.51 (S5.H2.L2)

**52-card pick-up**

Equipment: 52 cards with instructions for students written on each one. https://t.co/OueI1Lb1bn

Spread the cards over your activity area. Instruct the group that their goal is to pick up all 52 cards. Each person can only pick up one card at a time and must complete the task on the card before picking up another card. A player may choose to return a card to the ground and let another person complete that card. The game ends when all 52 cards have been picked up. You can time the group (don’t tell them) to see how long it takes them to complete the task and then challenge them to see if they can complete it faster a second time.

**R.A.O.K.**

Jo Bailey

Random acts of kindness or R.A.O.K. are the little things that we can do every day to help one another out without expecting anything in return. Introduce the concept to the students and ask them to brainstorm actions they would consider to be R.A.O.K - group students into 4-5’s and have them complete the designated warm up while discussing different ideas as a group. When they have completed their warm up, give each group a board marker and invite one scribe to quickly jot down some of the groups ideas on the white board/ poster paper.

Choose an activity the students are familiar with to frame this lesson e.g. ultimate frisbee. Instruct students that their goal is to demonstrate 5 R.A.O.K. (or whatever number you deem appropriate) during the class period. Have teams play a round robin tournament- one person from each group will spend 3 minutes observing their team, looking for R.A.O.K to record on their [group sheet](https://docs.google.com/document/d/1KLoeuZh9G_Bz_xikLVZffntnvQYxAHa9UpBV-Kk0JK8/edit). After 3 minutes, a new team member becomes the observer.

Students will most likely fall over themselves trying to be nice - which is exactly what we want! They will hopefully see the effect that it has on their team and how well they work together.

At the end of the class period discuss what R.A.O.K each group observed and ask if there are any R.A.O.K. each group noted they could work on. You can take this a step further by having students create a R.A.O.K goal to work on, identifying 2-3 ways they can improve and charting this 1-2x a week.

Another idea is to have an R.A.O.K of the day or week written or posted for the students to see and work on during class. I have had students fall over themselves to be the one to hold a door open, carry equipment, or compliment a fellow student. The goal is for this type of behavior to become innate.