

## Fast Games

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167



**NAME OF ACTIVITY:** Glue and Stretch

**GRADE LEVEL:** 1-5

**EQUIPMENT:** 4 cones, music (optional)

**SKILLS EMPHASIZED:** walking, stretching

**ORGANIZATION:**

1. Students are scattered in pairs in a designated approximately 20 x 20 yd. activity area.

**DESCRIPTION:**

1. One partner is "It" and the other tries to stick like glue to him/her (without touching).
2. When the music begins (or on signal), "Its" walk trying to elude their partners by changing speed and direction.
3. After 20 seconds, stop the music (or on signal), have the "Its" stop and lead their partner in a 10 second stretch.
4. Reverse roles and repeat.
5. Students should walk without touching others. If contact is made, those students involved move outside the activity area and "take a break" by stretching a major muscle group for 10 seconds before returning to the activity.

**TEACHING SUGGESTIONS:**

1. Begin walking slowly, then progress to medium and fast speeds.
2. Change the size of the activity area; a larger activity area makes sticking harder; a smaller activity area makes sticking easier.
3. **BASKETBALL, FOOTBALL, SOCCER:** in basketball and soccer both partners dribble a ball. In football, 1 partner carries a football and the other defends by staying close.