

# What Time is it FOX?

The students play a game where they practice different movements including jumping, galloping, skipping, running, jogging, leaping, and walking. Based on National Physical Education Standards, students should have been learning these skills for the last 4 years.

 **Grade Level: 1 - 5th**

 **Subject: P.E.**

 **Length of Time: 20 - 40 Minutes**

## Objectives & Outcomes

Uses various loco motor skills in a variety of small-sided practice tasks, dance and educational gymnastics experiences.

## Materials Needed

- 4 cones or a court to mark a large area where students have enough space to run, jump, or leap without hurting each other

## Procedure

### Opening to Lesson

- Ask students what they know about foxes.

### Body of Lesson

- Students are to stand an arms-width apart in the court.
- One student is the “FOX” and he or she can walk through the students freely.
- The students are not allowed to move until given instructions by the fox.
- The Fox says, “1, 2, 3”
- The class replies, “What time is it fox?”
- The fox replies with one of the following:
  - “It’s walking time”
  - “It’s running time”
  - “It’s hopping time”
  - “It’s jumping time”
  - “It’s leaping time”
  - “It’s skipping time”
  - “It’s galloping time”
- The class proceeds to move doing only the action commanded by the fox. They must stay inside the boundaries.
- The fox yells “Stop!!!”

- The class freezes where they are and the fox can continue moving amongst them.
- The fox yells “1, 2, 3”
- The class replies, “What time is it fox?”
- The fox once again replies with one of the responses listed above.
- Once again, the class can only move in the locomotor action commanded by the fox until he/she yells stop and the class freezes.
- After a few rounds of different locomotor actions, the fox yells “1,2,3”
- The class yells, “What time is it fox?”
- The fox yells, “It’s hunting time!”
- During “hunting time” the class runs to outside of the boundaries as fast as they can.
- The fox uses the 2-finger touch, or a soft ball or part of a pool noodle to tag as many students as he can until the students can get outside of the boundaries.
- Students who get tagged freeze where they are.
- When all students are either frozen or safe, the frozen students do 20 jumping jacks.
- Choose the next student to be the fox and repeat.

### **Closing**

- Ask students what kind of movement and exercises were done during the activity.

## **Assessment & Evaluation**

Teachers will monitor students as they perform.

## **Modification & Differentiation**

This could be done in smaller groups of only 5-10 students per group.