



Instant Activity

Heads or High Tail It

STUDENT TARGETS

- ✓ **Skill:** Skill
- ✓ **Cognitive:** Cognitive
- ✓ **Fitness:** Fitness
- ✓ **Personal & Social Responsibility:** PSR

TEACHING CUES

- ✓ Teaching cue
- ✓ Teaching cue

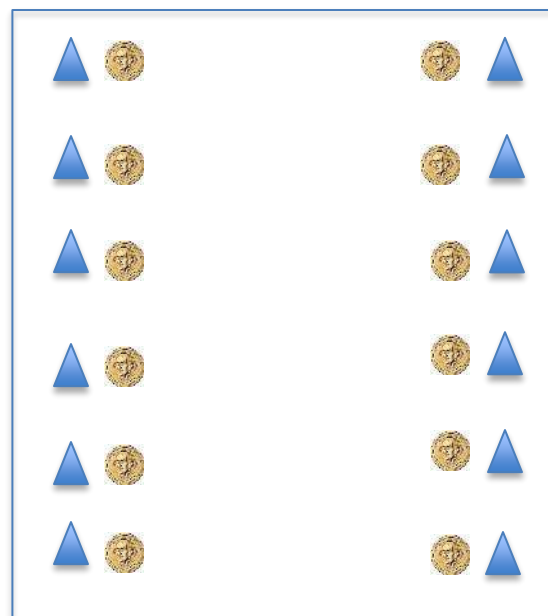
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✓ Coins
- ✓ Cones
- ✓

Set-Up:

Cones are placed on either side of the gym.
A coin is placed at each cone.



Activity Procedures:

1. Students are grouped in threes with one student behind one cone and the other two students across the gym behind the other cone.
2. The first person in line flips the coin.
3. If the coin is heads the flipper stays and the second person in line runs to the other side. If the coin is tails then the flipper high tails it over to the other side.
4. When the runner reaches the other side, the first person in line flips the coin.
5. Game continues.

Grade Level Progression:

K: Just flipping and running

1st: Players that are not flipping are doing a predetermined exercise

2nd: Players choice exercise and winner decides who runs and who stays.



MODULE NAME

ACTIVITY NAME

CHALLENGE
PROGRESSIONS

- ✔ Challenge Progression

MODIFICATIONS

- ✔ Developmental Modification

ACADEMIC
LANGUAGE

Academic Vocabulary Words

STANDARDS
& OUTCOMES
ADDRESSED

- ✔ **Standard [outcome code]** Standard description

DEBRIEF
QUESTIONS

- ✔ **DOK 1:** Question
- ✔ **DOK 2:** Question
- ✔ **DOK 3:** Question

TEACHING
STRATEGY
FOCUS

Strategy Focus: How to use the strategy focus.