

Fox Mill ES Small Group PE Token Run lesson plan:

[Token Run How TO video APE Kings Park ES](#)



KPES Adapted PE Warm-Up

Part 1

Establish a wait area – we use spot markers to sit on and as a place for students to know where to be to wait for instruction. You can establish a couch, or carpet square, or kitchen towel, or favorite pillow but make it a routine with which students will be familiar.

Part 2

Gather 2 containers and a collection of small items to move from one container to the other. You can use plastic containers, baskets, paper bowls for containers and collect plastic coins, Legos, toy cars, bean bags animals – be creative.

Part 3

Find a space free of obstacles for movement between the containers. Spread the containers about 10-15 feet apart if there is space, if not that is ok, and use the space you have. Have a family member call out a child's name to stand and receive one item from the collection. Repeat this process for each child.

Part 4

Each child moves ONE item from the receiving end to the container on the other end of the space. The child or children run or roll (wheelchair) back to collect another item and repeat the warm-up until all items are moved to the container on the other side of the space. **Remember to move 1 item at a time.*

- Move like a jumping bunny, run like a cheetah, slide like a gorilla shuffle. Have fun and be safe!

Part 5

Return to the waiting area to cool-down and receive a drink of water.

You did great!