

<h2>Mission Possible</h2>	<p>Time 20 minutes</p>	<p>Facility</p> <p><input type="checkbox"/> Classroom <input type="checkbox"/> Multipurpose <input checked="" type="checkbox"/> Gymnasium <input checked="" type="checkbox"/> Outdoors</p>	
<p>Equipment Mission cards</p>		<p>Physical Activity Level</p> <p><input checked="" type="checkbox"/> Moderate <input checked="" type="checkbox"/> Vigorous</p>	
<p>Safety</p> <ul style="list-style-type: none"> ● Remind students to be cautious when moving and to be aware of the personal space of others. 			
<p>Warm-up</p> <ul style="list-style-type: none"> ● Have students start by walking on the spot with a variety of steps (e.g., narrow, wide), pumping their arms back and forth. ● Have students gradually increase speed every 30 seconds. Ask them to imagine that they are walking on a beach in deep sand, then walking home from school, then running a race. ● Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches). <p>Activity: Mission Possible (Adapted from: Opeha, <i>H&PE Curriculum Support Resource</i>, Grades 4, 5, and 6, 2000)</p> <ul style="list-style-type: none"> ● Divide students into groups of 4–8. They can perform the missions in any order, but every group member must perform every mission. ● Ensure that each group moves and completes each mission together. After the completion of each mission, the group travels once around the outside of the activity area using a form of moderate to vigorous activity (e.g., jogging, skipping, galloping, walking). Groups may not travel around the activity area the same way twice. ● Missions might include the following. <ul style="list-style-type: none"> ○ Do 10 wall push-ups. ○ Do 10 tuck jumps in each corner of the activity area. ○ Gallop across the activity area and skip back. ○ Do 10 wall jumps ○ Do 10 alternate heel touches. ○ Do 5 leaps taking off from your right foot and 5 taking off from your left foot. ● The activity ends when all the students have finished all the missions. <p>Cool-down</p> <ul style="list-style-type: none"> ● Have students move around the activity areas, slowly decreasing their speed until they are in slow motion. ● Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches). 			
<p>Variations</p> <ul style="list-style-type: none"> ● Have students choose different ways to move with their groups between activities (e.g., hop on one foot). ● Have students come up with new missions that are based on a different theme each month. 			
<p>Notes for Teachers</p> <ul style="list-style-type: none"> ● Discuss with students the benefits of being physically active with a group of peers. 		<p>Planning Notes and Reflection</p>	