

OPEN



ST. PATRICK'S DAY INSTANT ACTIVITIES

(GRADES K-5)

A PUBLIC SERVICE OF

US Games



LEPRECHAUN TAG

STUDENT TARGETS

- **Skill:** I will demonstrate safe movement and spatial awareness while traveling in general space.
- **Cognitive:** I will recognize open space and adjust my pathway to avoid being tagged.
- **Fitness:** I will stay active and engaged during the activity.
- **Personal & Social Responsibility:** I will follow rules, play fairly, and demonstrate good sportsmanship.

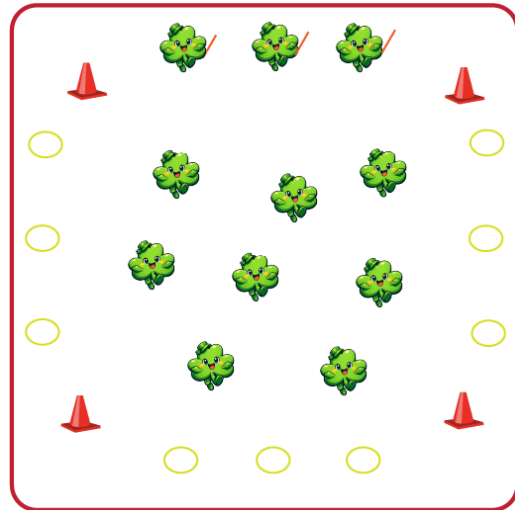
EQUIPMENT & SET-UP

Equipment:

- 3 cut pool noodles for taggers
- Boundary cones
- 8-10 Yellow hula hoops

Set-Up:

- Use cones to create a large activity area.
- Select 3 taggers who begin just outside the boundary cones with a noodle.
- Remaining students spread out inside the activity area.
- Place hoops that are the “Pot of Gold” just outside of the boundary cones, that are evenly spaced apart.



ACTIVITY PROCEDURES

1. It's time to escape the Leprechauns!
2. The object of the game is to move safely while avoiding being tagged by a Leprechaun.
3. On the start signal, students begin moving throughout the activity area using a designated locomotor skill (jogging, skipping, galloping, etc.).
4. The Leprechauns (taggers) will attempt to gently tag other players with the noodle using safe, controlled tagging. If a student is tagged, they must:
 - Travel outside of the activity area to a Pot of Gold (hoop).
 - Complete 8 Leprechaun Lunges (alternating legs).
 - Enter the activity area safely and re-join the game.
5. Play continues until you hear the stop signal. We will switch Leprechauns each round to allow multiple students to experience being a tagger.
6. Remember: lucky leprechauns move safely, tag gently, and keep their eyes up to find open space!

PRIORITY OUTCOMES

- **(K)** Discuss the enjoyment of playing with family and friends.
- **(1)** Discusses the reasons for participating in physical activity with friends.
- **(2)** Discusses ways to encourage others to be physically active with friends.
- **(3)** Describes the positive social interactions that come when engaged with others in physical activity.
- **(4)** Describes and compares positive social interactions when engaged in partner, small group and large group physical activities.
- **(5)** Describes the social benefits gained from participation in physical activity.

DEBRIEF QUESTIONS

- **DOK 1:** What strategy did you use most often to avoid being tagged?
- **DOK 2:** How did you find open space when the Leprechauns were nearby?
- **DOK 3:** Why is spatial awareness important in tag games?



GREEN LIGHT LUCKY LIGHT

STUDENT TARGETS

- **Skill:** I will move safely using a variety of locomotor movements.
- **Cognitive:** I will react quickly to different movement and fitness cues.
- **Fitness:** I will stay active and engaged during the activity.
- **Personal & Social Responsibility:** I will demonstrate self-control and follow directions immediately.

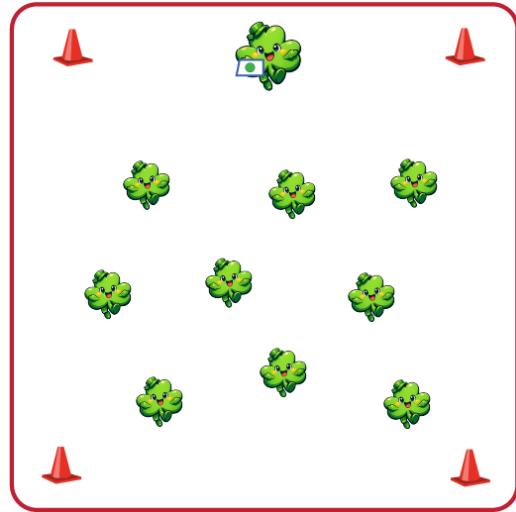
EQUIPMENT & SET-UP

Equipment:

- Boundary cones or markers
- Color Cards

Set-Up:

- Use cones to create a large activity space.
- Students spread out a safe distance apart from each other facing the teacher.
- The teacher stands on the perimeter of the activity space holding the Color Cards.



ACTIVITY PROCEDURES

1. It's time to test your luck with Green Light, Lucky Light! This game is played similarly to Red Light Green Light, but with some St. Patrick's Day magic. The object of the game is to react to the cues called by the teacher as quickly as possible.
2. When the teacher holds up the sign and calls out:
 - Green Light: move safely inside the boundaries while doing the locomotor movement that is identified. (e.g., skip, jog, gallop, etc.)
 - Gold Light: freeze immediately and perform the fitness task that is identified until you hear the next call. (jumping jacks, squats, calf raises, push-ups, etc.)
 - Rainbow Light: spin in a circle one time and safely change directions.
 - Pot of Gold: freeze and perform your best Irish dance moves.
3. Students continue moving and reacting to the different signals until the next one is called.
4. Remember, lucky Leprechauns show self-control, quick reactions, and safe movements at all times!

PRIORITY OUTCOMES

- **(K)** Discuss the enjoyment of playing with family and friends.
- **(1)** Discusses the reasons for participating in physical activity with friends.
- **(2)** Discusses ways to encourage others to be physically active with friends.
- **(3)** Describes the positive social interactions that come when engaged with others in physical activity.
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- **(5)** Describes the social benefits gained from participation in physical activity.

DEBRIEF QUESTIONS

- **DOK 1:** What is a way someone can be a good listener?
- **DOK 2:** How did you remember what each of the signals meant?
- **DOK 3:** Why is self-control important when everyone is moving in the same space?



LUCKY LEPRECHAUN FITNESS HUNT

STUDENT TARGETS

- **Skill:** I will move safely using a variety of locomotor movements.
- **Cognitive:** I will discuss strategies to help my team collect the most objects.
- **Fitness:** I will stay active and engaged during the activity.
- **Personal & Social Responsibility:** I will use positive and encouraging language with teammates.

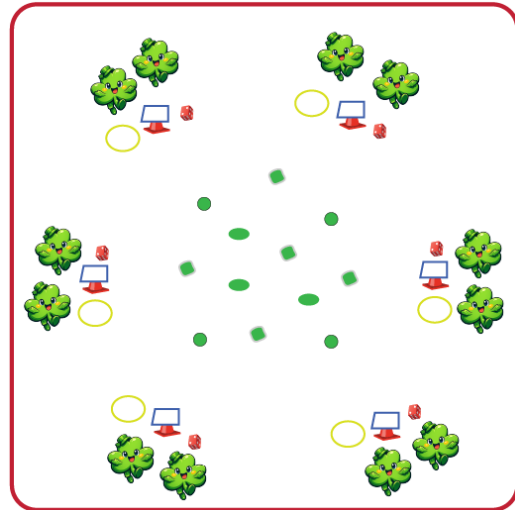
EQUIPMENT & SET-UP

Equipment:

- 36+ green objects (e.g., yarn balls, bean bags, balls, scarves, deck rings, etc.)
- 1 hoop and die per team of 2
- Starting cone per team of 2
- Task tent and Fitness Card per team of 2

Set-Up:

- Use starting cones to create a large circle. Place a task tent with a Fitness Card on each cone.
- Create teams of 2, each team at a starting cone.
- Spread out green objects in the center of the activity area.
- Place a hoop and a die by each starting cone.



ACTIVITY PROCEDURES

1. It's time to go on a Lucky Leprechaun Fitness Hunt!
2. The object of the game is to collect as many green objects as possible for your team.
3. On the start signal, one player from each team will roll the dice and look at the Fitness Card to see which exercise your team will complete. Once both partners have completed the exercise, one teammate will go into the center and collect 1 green object. Once collected, the object will be brought back and placed in the pot of gold (hoop) by your starting cone.
4. As soon as the player returns and places their object in the pot of gold, partners will rotate roles. The dice roller will become the collector, and the collector will become the dice roller.
5. Partners continue to take turns rolling the dice and collecting objects until you hear the stop signal. Remember to only collect one green object at a time.
6. The team with the most objects in their pot of gold wins!

PRIORITY OUTCOMES

- **(K)** Discuss the enjoyment of playing with family and friends.
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- **(3)** Describes the positive social interactions that come when engaged with others in physical activity.
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DEBRIEF QUESTIONS

- **DOK 1:** What is a way that you were a good teammate today?
- **DOK 2:** Did your team use a strategy to collect as many objects as possible?
- **DOK 3:** How does being a positive and encouraging teammate impact the success of your team?



POT OF GOLD RELAY

STUDENT TARGETS

- **Skill:** I will demonstrate coordination and control while performing a variety of movement skills.
- **Cognitive:** I will discuss ways to complete each movement task quickly while maintaining control.
- **Fitness:** I will stay active and engaged during the activity.
- **Personal & Social Responsibility:** I will encourage my teammates and move safely.

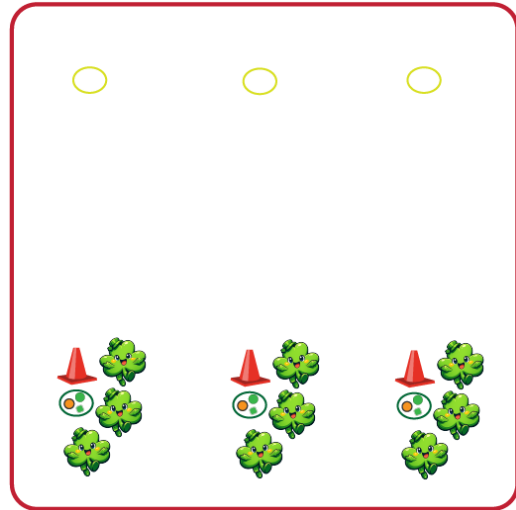
EQUIPMENT & SET-UP

Equipment:

- 1 starting cone per team of 3
- 2 hula hoops per team of 3
- Variety of objects (e.g., basketballs, soccer balls, beanbags, etc.)

Set-Up:

- Create teams of 3, each team at a starting cone.
- Place a hula hoop at the far end of the activity area for each team (directly in front of each starting cone).
- Place a hoop by each starting cone with the equipment needed for each team (basketballs, soccer balls, beanbags, etc.).



ACTIVITY PROCEDURES

1. It's time to race to fill up your pot of gold!
2. The objective of the game is to work together to complete relay challenges as quickly and safely as possible.
3. On the start signal, the first player for each team will complete a movement task to move equipment from the starting cone and place it in your team's Pot of Gold (hoop). The ways we will move will be:
 - Partner 1: dribble the basketball and place it in the Pot of Gold
 - Partner 2: dribble the soccer ball and place it in the Pot of Gold
 - Partner 3: balance a bean bag on your head while moving to place it in the Pot of Gold
4. Only one piece of equipment will be moved at a time, safely and with control.
5. As soon as the player places their object in the Pot of Gold and returns to the starting cone, they high five the next person in line so they can begin. *Teacher Note: play several rounds with students in a different order so they get to move different pieces of equipment.*
6. Partners continue to take turns until all their equipment has been successfully placed in the Pot of Gold. The team who fills their Pot of Gold first wins!

PRIORITY OUTCOMES

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DEBRIEF QUESTIONS

- **DOK 1:** What does it mean to move with control?
- **DOK 2:** How did your team work together to complete the relay safely and quickly?
- **DOK 3:** How does being a positive and encouraging teammate impact the success of your team?



SHAMROCK CIRCUIT

STUDENT TARGETS

- **Skill:** I will perform a variety of exercises with proper form and control.
- **Cognitive:** I will follow directions for each station to perform exercises safely.
- **Fitness:** I will stay active and engaged during the activity.
- **Personal & Social Responsibility:** I will use positive and encouraging language with teammates.

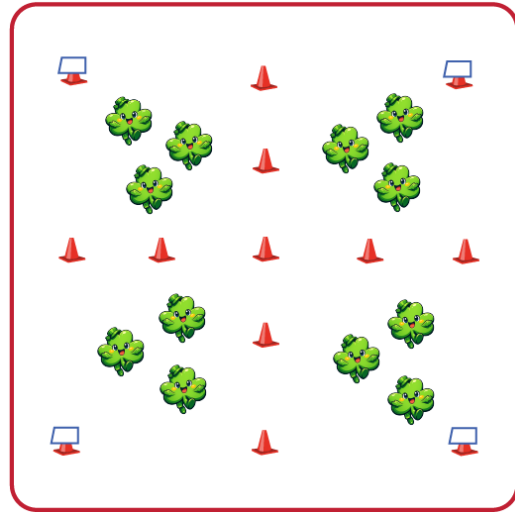
EQUIPMENT & SET-UP

Equipment:

- Cones or spot markers to identify station boundaries
- Variety of station specific equipment
- Task tent and Shamrock Circuit Card at each station

Set-Up:

- Set up cones in the shape of a shamrock to designate 4 stations. Place a task tent with a Shamrock Circuit Card in each station.
- Split the class into 4 even groups, one group begins at each station.



ACTIVITY PROCEDURES

1. It's time to get Shamrock Strong!
2. The objective is to complete movement stations designed to celebrate St. Patrick's Day.
3. You will rotate through four stations today. Each station has Shamrock Circuit Card with a themed challenge.
4. *Teacher Note: demonstrate each station and how to rotate stations safely before beginning the activity.*
5. On the start signal, you will begin the activity at your assigned station until you hear the teacher give the signal to rotate to the next station.
6. You will continue to rotate stations on the teacher's signal until you have completed all four. Remember to clean up and put equipment away before you leave each station.
7. Lucky leprechauns will move safely and have gold-level effort at every station!

PRIORITY OUTCOMES

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DEBRIEF QUESTIONS

- **DOK 1:** What station was the most challenging for you?
- **DOK 2:** How did you make sure that you used correct form during each exercise?
- **DOK 3:** Why is it important to work different muscle groups when exercising?



FOUR LEAF CLOVER CHIPPING

STUDENT TARGETS

- **Skill:** I will focus on accuracy and distance when chipping a golf ball.
- **Cognitive:** I will identify ways to chip for accuracy and distance.
- **Fitness:** I will stay actively engaged throughout the activity.
- **Personal & Social Responsibility:** I will use encouraging language with my teammates during.

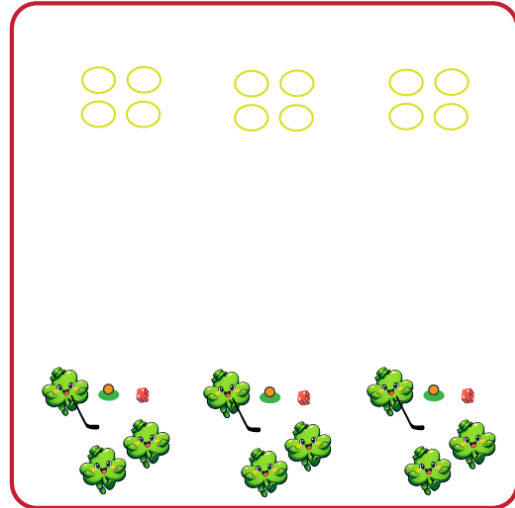
EQUIPMENT & SET-UP

Equipment:

- Bucket Golf 6-Hole or 9-Hole Sets (or hula hoops to use instead)
- 1 club and one plastic golf ball per 3 students
- 1 spot marker per 2 students (or hitting mats) if indoors
- 1 die per 3 students

Set-Up:

- Create groups of 3 students.
- Each group begins at a spot marker as their tee
- Place a club, ball, and die by each starting spot.
- Set up Bucket Golf targets in groups of 4 (like a four-leaf clover) for each team. Hula hoops can be used as the 4 targets if needed.



ACTIVITY PROCEDURES

1. It's time to chip for a little luck of the Irish!
2. The objective is to chip the ball into the correct leaf of the four-leaf clover (bucket) based on the number rolled.
3. On the start signal, one student from each team will roll the die to determine their target for that round. After rolling, one teammate will carefully chip the ball toward the designated bucket, focusing on proper form and controlled force.
 - **Roll numbers 1-4:** Aim for the bucket that matches the number rolled.
 - **Roll the number 5:** Aim for either of the two front buckets.
 - **Roll the number 6:** Aim for either of the two back buckets.
4. Teams earn 1 point for any ball that is chipped in one of the 4 buckets. Five bonus points will be added if you chip into the bucket that matches the number rolled!
5. After each chip, retrieve the ball and rotate roles (Chipper, Dice Roller, and Ball Retriever).
6. Partners continue to take turns until you hear the stop signal.

PRIORITY OUTCOMES

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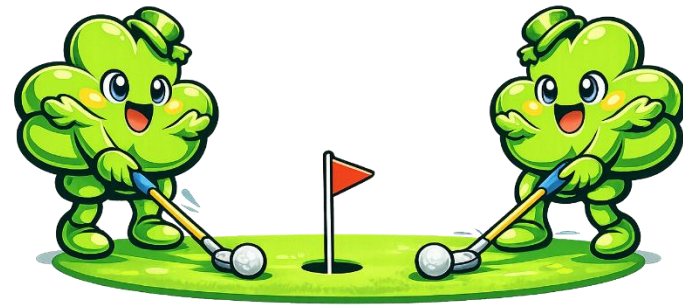
DEBRIEF QUESTIONS

- **DOK 1:** What number did you roll most often?
- **DOK 2:** What helped you aim more accurately at your bucket?
- **DOK 3:** How does controlling force and direction improve your success in chipping activities?

Shamrock Circuit 1:

Putt of Gold

Putt the golf ball into the Pot of Gold (putting cups or hoop)



Shamrock Circuit 2: Clover Toss

Toss the four-
leaf clovers
(beanbags) into
the hoop.



Shamrock Circuit 3: Shamrock Soccer

Pass the
soccer ball
with a partner.



Shamrock Circuit 4: Rainbow Jumps

Jump rope over
the rainbow,
forwards or
backwards.



GREEN LIGHT



GOLD LIGHT



RAINBOW LIGHT



POT OF GOLD



LUCKY LEPRECHAUN FITNESS CARD

	1	5 Shamrock Sit-ups
	2	10 Golden Gallops
	3	5 Pot of Gold Push-ups
	4	10 Leprechaun Lunges
	5	5 Rainbow Calf Raises
	6	10 Seconds of Irish Dancing

