**Move the Earth** Grades 2-6

A cooperative challenge and cardio workout for the class.

**Equipment:**

* 3 large beachballs or exercise balls (diameter between 24-36 inches)
* 4 cones
* boombox and fast-paced music

**Setup:** The four cones are setup on the gym floor forming a rectangle.

20’ x 30’ works well; however, it depends on the size and grade level of the class.



**Storyline:** I like to incorporate a short Greek Mythology story and tell students about Atlas. - Atlas was a Titan who was punished by being banished to the end of the earth to holdup the heavens for eternity. However, over the years artistic works began to interpret him as holding up the earth. Just like Atlas, students have to hold up the earth but also move it.

**Move the Earth 1.0**

* Have students get in a straight line on of the long sides of the rectangle.

***When the music begins –***

* The student with the ball (earth) carefully passes it overhead to the person behind him/her.
* Once he/she is sure the person behind him has control of the ball, he/she releases it then runs around the rectangle to the end of the line to receive the ball once it gets to the end of the line.
* Each person in line repeats the same thing. - Receives and passes the ball then runs around the rectangle to get to the end of the line.
* Limit the number of times the ball can be dropped to 5.

The effect is the line begins to back around the rectangle. If your rectangle is too big, students might not make it back to the end of the line in time to receive the ball.

***Ways to Play:***

* Go for a certain period of time, perhaps 2 minutes with less than 5 drops.
* Let the line backup around the rectangle to the place where the line started with less than 5 drops.

**Move the Earth 2.0**

* In this round, an additional planet is added.
* The first one should be in the front of the line.
* The second should be halfway down the line.
* Students run only after passing the first ball … earth.

**Move the Earth 3.0**

* In this round, a third planet is added.
* The first one should be in the front of the line.
* The second should be about a third down the line and the last one 2/3rds down the line.
* Students only run after passing the first ball … earth.

**Helpful Hints:**

* You may need to make the rectangle smaller so students have a chance to make it to the end of the line.
* If the last person in line receives the ball, and no one is behind him/her yet, he/she has to wait until someone gets there.

