

Pin Grab

Summary

This activity is fast paced, and quite fun and requires little set-up and minimal cost.

Time Frame

1 class periods of 30 minutes each

Group Size

Large Groups

Materials

Enough clothes pins for every student to have one.

Intended Learning Outcomes

Students will enhance their dodging and evading skills while receiving vigorous activity.

Instructional Procedures

When the music starts or when I say "go", students will attempt to pull the pins (attached to the back of their respective shirts) off of others who are in a pre-determined space.

When this occurs, the student who had their pin taken, performs a pre-determined exercise before they are allowed to return to the activity.

These exercises should be kept simple and basic, e.g. 10 jumping jacks or 20 curl-ups.

The person who was successful in their attempt places the pin in a hula hoop or other selected location for extra pins.

Another option is to have extra pins and the successful student can add the pin to their back, thereby having two and increasing their chances of remaining in the activity.

Strategies for Diverse Learners

Variations include only grabbing with their non-dominant hand or dividing into teams and collecting the pins as a group.

Authors

[TIMOTHY BEST](#)