

Co-op PFA

LENGTH OF ACTIVITY: 10 to 20 minutes

GRADE LEVELS: All

CANDACE'S NOTES: I often vary the activity I am doing before we begin passing the co-op band. For example, we may do sit-ups or row the boat before we begin passing the co-op band.

HOW TO PLAY:

Students stand in the center of the PFA area holding on to the large multicolored co-op band. (Co-op bands can be ordered from Sportime)

The teacher assigns a piece of PFA equipment with each color. Students begin passing the co-op band around when the teacher begins the music.

Students stop passing the band when the music stops. Students look to see what color they are holding and go to the assigned PFA station.

The teacher once again begins the music while the students are working out. Students return to the co-op band when the music stops.



Co-Op Still



Co-Op Action