

# ISU School of Kinesiology and Recreation Activity Plan

Leaders: Becky Brannan, Sam Greenburg, Jennifer Zeinz Date: May 2 2006

# of participants: 35

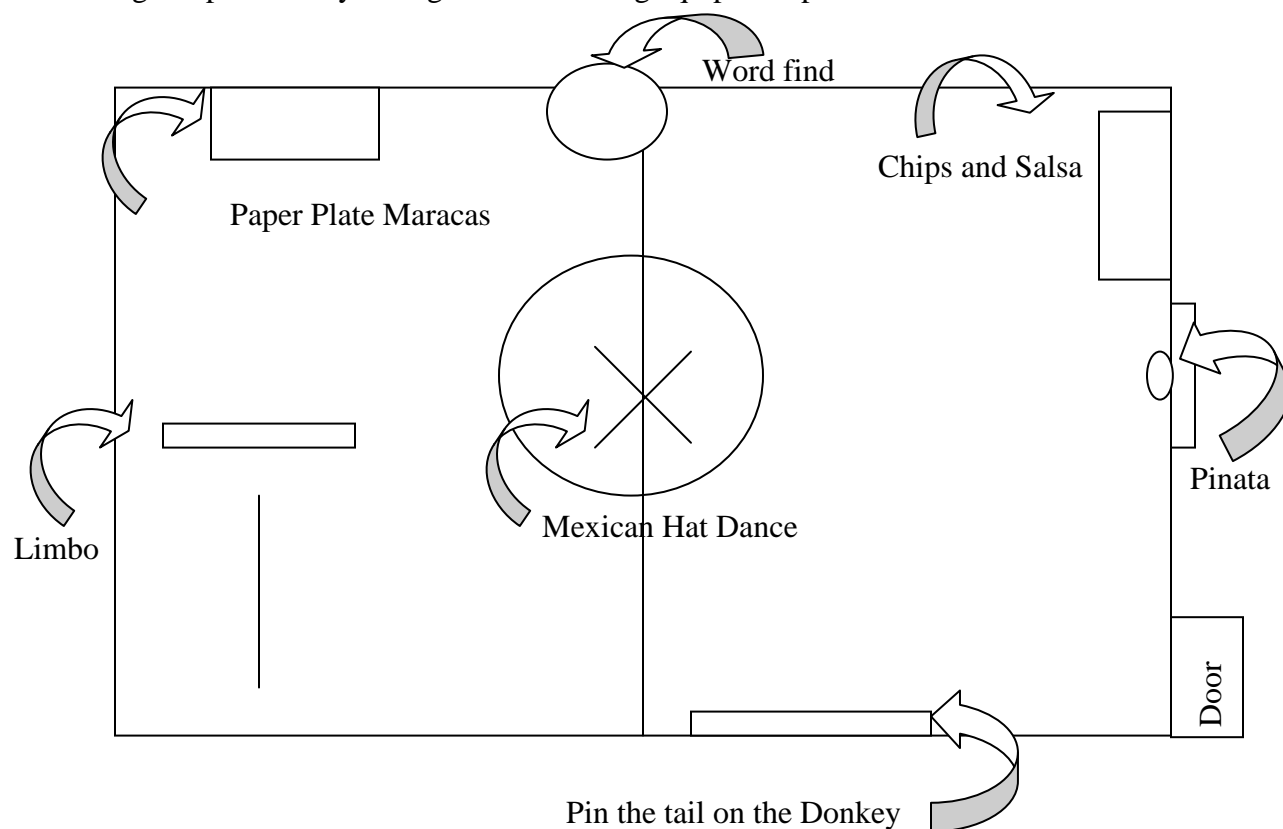
Age of participants: College

Theme of the day: Fiesta

Equipment needed:

35 Nametags	35 stickers	Cd player	Mexican music CD	Noise maker
Donkey poster	35 donkey tails	tape	two blindfolds	limbo stick
sombrero	35 mexican word finds		pencils	markers
70 paper plates	bag of dried beans	stapler	streamers	piñata
string	plastic bat	bag of candy	tostado chips	salsa
napkins	two ping pong tables	table clothes	punch bowl	punch
35 cups	35 plates	35 condiment containers		med. nurf ball

Describe/diagram pre-activity arrangement including equipment placement:



	<p>Attention Getter/Division of groups:</p> <ul style="list-style-type: none"> <li>- Nametags with stickers to divide groups – will pass out while we are decorating</li> </ul>	
	<p><b>ALL ACTIVITIES 1-5 WILL OCCUR SIMULTANEOUSLY AT DIFFERENT STATIONS</b></p>	
	<p>Transition/Division of groups: Between each five minute segment there will be an indication noise to rotate, each leader will then give directions for their activity to the incoming group</p>	Leader: All
Time: 5 min	<p>Activity 1: Pin the tail on the donkey Students line up single file, first person is blind folded, spun 3 times and then pointed toward donkey poster – they must try and place their tail where the actual tail should be, person closest wins</p>	Leader: Jennifer
Time: 5 min	<p>Activity 2: Limbo Two participants hold stick horizontally, remaining participants line up behind the stick and must take turns passing under the stick by bending backwards. After everyone has attempted to pass under, the stick is lowered and the process is repeated. You may not touch the ground with your hands or knees. Play continues until one person remains</p>	Leader: Sam
Time: 5 min	<p>Activity 3: Mexican Hat Dance While the music plays, everyone gathers in large circle and the sombrero is placed in the center of the circle. One by one, each person steps to the center of the circle and takes their turn dancing around the hat.</p>	Leader: Becky
Time: 5 min	<p>Activity 4: Mexican Word Find 1. Distribute pens/pencils 2. Distribute word find puzzles containing Mexican words to students</p>	Leader: Sam
Time: 5 min	<p>Activity 5: Paper Plate Maraca's 1. Put a handful or two of dried beans Staple a paper plate securely on top of it. 2. Decorate the maracas with markers 3. Optional: Staple long crepe paper streamers to the maracas.</p>	Leader: Jennifer
	<p><b>CLOSING ACTIVITY DONE WITH WHOLE GROUP</b></p>	

Time: 5 min	Activity 6: Pinata and Chips/Salsa/Punch Students will line up alternating males and females. Front participant is blindfolded and given the bat, spun three times and sent in the direction of the piñata in attempts to break it open. After two swings it will be the next person's turn. Those not swinging, already swung, or not wishing to swing may watch and partake in chips and salsa and punch.	Leader: All
	Closure: Thank everyone for coming, explain that it was a glimpse into Mexican traditions to get everyone ready for Cinco de Mayo in 3 days	All

Contingency plan (if needed):

5 min	Benito Juarez Says:  Before playing explain that Benito Juárez, a Zapotec Indian, was born and raised in extreme poverty. With hard work, determination, and strong love for his country, Juárez became the president of Mexico and defeated the French, who had occupied the country for five years.  Played similar to Simon Says. The player up is "Benito Juarez".	
5 min	Pass The Chili Pepper  Give team a ball "chili pepper". On your mark, the first person puts the ball between their chin and neck and passes it to the next player. Players may only use their heads to pass (no hands or teeth allowed). The process continues to the last person in line and then reverses sending the pillow back to the first player in line. If players drop it they must start all over. Object to get through entire line without dropping it.	