

Cloudy with A Chance of Meatballs Lesson Plan

Time	Activity	Organization	Criteria
4 min	Warm-up: Tail Tag	<ol style="list-style-type: none"> 1. Make sure that you establish boundary lines with cones 2. All the participants will be the taggers 3. Explain that during this game the taggers will try to take the tail (scarf) from the other participants 4. Try to pull the tail off their peers 5. If you get your tail taken you can continue to play 6. The participant with the most tails at the end of the game wins 	<ul style="list-style-type: none"> • If you push your partner too hard and/or he/she falls down, you will not be able to participate • Play for 3-5 min
8 min	Read Cloudy With A Chance of Meatballs	<ol style="list-style-type: none"> 1. Sit and listen to the story 2. While the instructor is reading the story have another student demonstrate the stations 	<ul style="list-style-type: none"> • Make sure that the participants can listen and see the book but also watch the stations • (Semi-circle in the middle of all of the stations)
	Throwing Pancakes: throwing a Frisbee	<ol style="list-style-type: none"> 1. Throw the pancake (Frisbee with a partner) 2. Step and throw the pancake to your partner 3. Clean area before rotating to next station 	<p>Throwing:</p> <ul style="list-style-type: none"> • Arm at hip • Step forward with the same foot as throwing arm toward the target • Follow through (arm across your body) • Make sure to keep the pancake flat
	Catch the food falling from the sky: catch food	<ol style="list-style-type: none"> 1. Catch all of the different food (plastic food models) on the plates (Velcro mits) or cup (have the older participants throw the food using underhand throws toward the catchers) 2. Clean area before rotating to next station 	<p>Catching</p> <ul style="list-style-type: none"> • Arms out in preparation • Move to the food • Try to catch with only your plate, but if needed, use your hands
	Kick the dinner rolls out of the way: kick	<ol style="list-style-type: none"> 1. Each participant should be in self space within assigned area 2. Kick the dinner rolls out of the way so that everyone can walk through the town 3. Clean area before rotating to next station 	<p>Kicking:</p> <ul style="list-style-type: none"> • Balance on one foot • Swing foot behind stationary leg • Push the ball toward your target with your toes • Stay on your feet and follow through

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	Avoid all of the food that fell in the town: skip	<ol style="list-style-type: none">1. Avoid all of the food (different equipment) that fell in town by skipping around it2. See if the participants can make it through “town” (obstacle course of different equipment) without falling or touching the food3. Clean area before rotating to next station	Skipping: <ul style="list-style-type: none">• Step, together, step• Front leg in front of body• Step-together-step slowly• Increase speed of #1
	Cool down	Sit back on a spot	