

# Noodle Activity Extensions

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Noodle games/activities provide an excellent opportunity for extensions (learning opportunities, challenges, skill development, etc.) Below you will find some general ideas on ways to extend learning and skill progressions. Please note, if you are using Noodle Mania and/or Noodle Madness, you will find tips at the end of each activity that provides suggestions for extensions.

## Learning Opportunities

### Ideas for Crossing the Curriculum:

In today's education climate of increased accountability, finding ways to support core academic concepts and information during physical education is a smart way to add value to high quality physical education programs. It is important to recognize that health and physical educators should not be "teaching" the core content material but when appropriate, reinforce the compatible academic information.

In many cases, math is fairly easy to incorporate when teaching physical education skills. Counting by multiples, collecting and ordering numbers during relays, designating points for completing tasks, rounding pedometer steps, the list goes on. Science, social studies, and English can be adapted as well. Vocabulary is easy to incorporate for any of the subjects. Do you have a word wall? Do you use a white board each day to display lesson objective and vocabulary? If so, adding core content vocabulary is an easy fit.

### Health Literacy Enrichment:

Pool noodles come in a wide variety of colors which make them a useful tool to help teach/reinforce nutrition concepts and a variety of other health related content. When students are collecting noodlettes, have them give an example of a food from the food group color that matches what they have collected. When playing tag games, have different colored demi-noodles represent different health-related fitness concepts (i.e. – red noodle = cardiovascular endurance activity, yellow noodle = flexibility, etc.). When doing a noodle warm-up activity, have students stop and find their pulse. Typically, elementary students are not being exposed to health related content on a regular basis. From safety to nutrition to germ prevention to brushing your teeth, pool noodles can give any teacher lots of ways to help students improve their health literacy.

Lesson extensions are all about creativity. Talk to classroom teachers to get ideas how you can change, modify, or adapt lesson activities to include other content. There is no one right answer when doing this. Sharing your ideas and success are a great way to generate dialogue and help others. If you are interested in sharing ideas via the [PE Rocks website](http://www.PERocks.com) feel free to contact me ([Chad Triolet](mailto:Chad.Triolet@PERocks.com)).

