**Bump Warm-Up**

**Grade Level:** K-6

**Skills:** The skills involved include locomotor movements, teamwork, cooperation and following instructions.

**Objective:** **Standard 6.HF.3:** Define locus of control and the impact it has on decision-making.

**Equipment:** None

**Organization:** Divide the class into four groups with at least five in each group. Have each group stand on a line at each wall.

**Activity:** Start with one team and call out a number, e.g. 2. That number of students must run to the next wall and “bump” that many students from that wall to the next. Start the younger grades with counting; from 1, 2, 3 etc. Start with 1 and each time they go around, add one to the number. For the older grades; call out a command like “add 2”, so two more must go with that group.

**Closure:** How did teamwork apply in this activity?

**Health:** Can you define locus of control? How does this affect everyday activities? Do you really believe that most things are within your control? What are some strategies you can do to gain more control of your lives?

**Piloted at:** Valley View