

Triangle Peg Game

Grade: 3-5

Time: 30 minutes

Objectives:

- Students will develop strategizing and non-locomotor skills.

Materials:

- Laminated Paper Dots Playing Pieces
- Floor Tape (optional)

Set Up:

- Arrange 14 paper dots in a triangle shape with center of the triangle filled in.

Directions:

- One space, the 15th space, will remain empty. Jump one paper dot over another, into an open space, and remove the paper dot that was jumped over.
- After each paper dot is removed, complete the exercise on the back then continue the game.
- Keep jumping until only one paper dot is left. You can only jump in a straight line. The challenge is to end with only one paper dot left.

Variations:

- This activity can be used in class based on what is currently being reviewed. Instead of physical challenges on the back of the paper dots, replace it with a spelling word. Students have to define the word or have their partner spell it.

Source:

<http://www.pbs.org/parents/crafts-for-kids/triangle-peg-puzzle/>





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**5 Straddle
Stretches**

**4 Quadricep
Stretches**

**6 Calf
Stretches**

**6 Hamstring
Stretches**

3 Trunk Lifts

**4 Tricep
Stretches**

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**3 Butterfly
Stretches**

4 Windmills

8 Side Bends

**6 Shoulder
Stretches**

**7 Shoulder
Rolls**

**3 Sit and
Reach**

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3 Arm Circles

5 Toe Touches

5 Neck Rolls

2 Body Twists

4 Side Lunges

6 Front Lunges