

Bubble Rubble Classroom Activity 1

Chicken Dawg's Big Adventure

Instructions

Learning Objective

Students are able to successfully distinguish between aerobic, strength, and sedentary activities.

Materials

1. Bubble Rubble Game Board
2. Bubble Rubble Exercise Discs
3. Monster game pieces
4. Construction paper
5. Scissors
6. Glue
7. Scotch tape

Teacher Preparation

1. Allow students to play Bubble Rubble at Playnormous.com
2. Print out 5-10 copies of the Bubble Rubble Game Board.
3. Print out 5-10 sets of the Bubble Rubble Exercise Discs.
4. Print out 5-10 copies of the Monster game pieces.

Instructions

1. Have students get into small groups of 3-5.
2. Give each group one Bubble Rubble Game Board and one set of the Bubble Rubble Exercise Discs.
3. Tape the Bubble Rubble Game Board two pieces together so the squares are numbered in order. Square 100 should be in the top left corner and square 1 should be in the bottom left corner.
4. Glue one piece of construction paper onto the back of each Exercise Disc page.
5. Cut out the Exercise Discs.
6. Place the Exercise Discs image side down and mix.
7. Have each student choose one of the Monster game pieces. To create a standing double-sided Monster, cut around the outer edges, and fold in the middle.
8. All game pieces should be placed at square 1.
9. The oldest person goes first. Turns are taken in a clockwise direction.




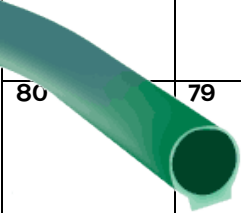
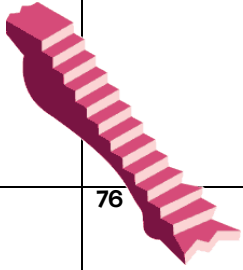
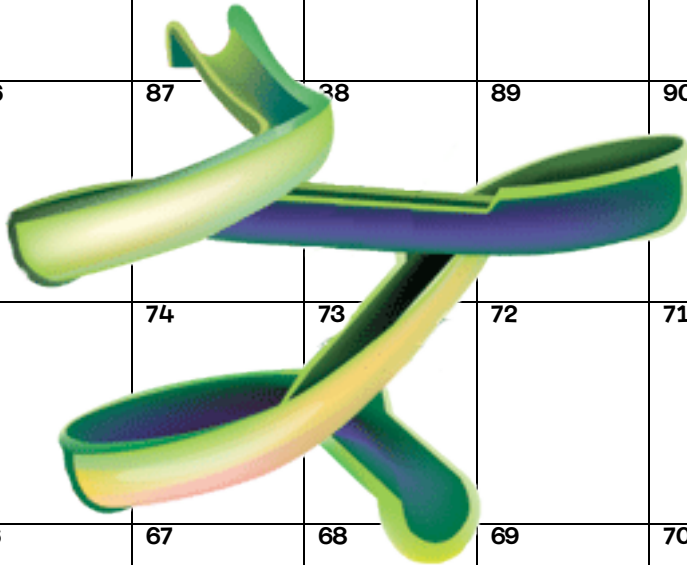
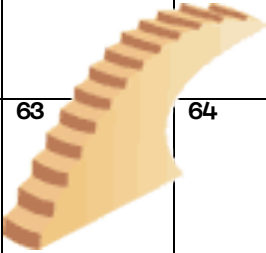
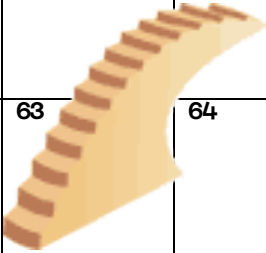
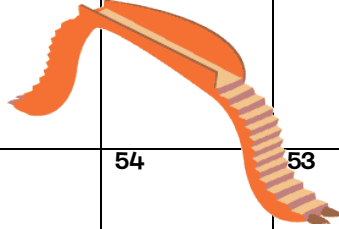
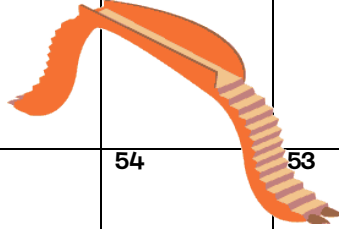
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10. The first player turns over one disc from the Exercise Disc pile.
 - a. If an Aerobic Activity is selected, the player moves up one square.
 - b. If a Strength Activity is selected, the player doesn't move.
 - c. If a Sedentary Activity is selected, the player moves back one square.
11. Hit a monster bridge or staircase to advance multiple spaces. Hit a monster slide to fall back multiple spaces.
12. The first player to get their Monster game piece to square 100 wins.



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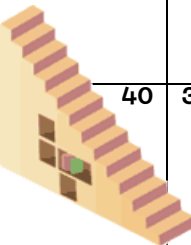
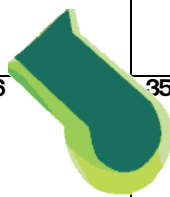
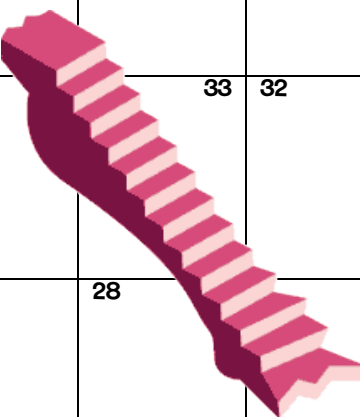

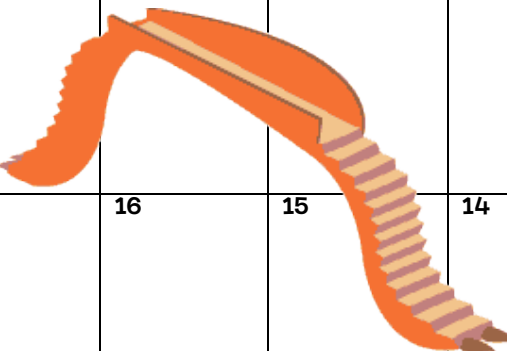
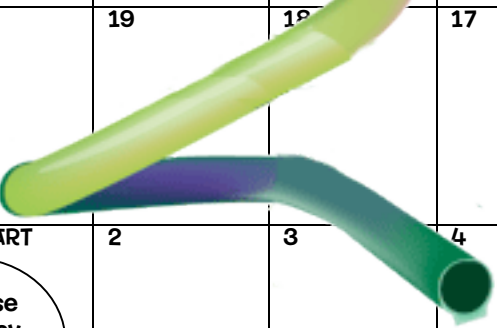
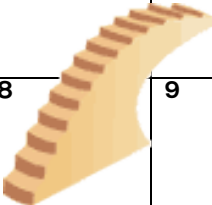
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100  WINNER!	99	98	97	96	95	94 Slide down to 68	93	92	91
81 Slide down to 79 	82	83	84 	85	86	87	88 	89	90
80	79	78	77	76 Climb the stairs to 84 	75	74	73	72	71
61	62	63 Climb the stairs to 77 	64	65	66	67 	68	69	70
60	59	58	57	56	55	54	53 Climb and cross to 66 	52	51



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41	42	43	44	45 Slide down to 35	46	47	48	49	50
 40	39	38	37	36 	35	34	 33	32	31
	Climb to 41								
21	22	23 Slide down to 4	24	25	26	27	28	29	30
									
								Climb the stairs to 47	
20	19	18	17	16	15	14	13	12	11
									
						Climb & cross to 24			
1 START	2	3	4	5	6	7	8	9	10
									
							Climb the stairs to 12		

Exercise your way to the top!



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Monster Game Pieces

