Session 1

Outcomes

- All students on the team will be able to list their favorite activities in which they move and play and will draw a picture of themselves doing that activity.
- All students on the team will be able to draw a design of and build a LEGO® model of their favorite activity on their individual baseplate.

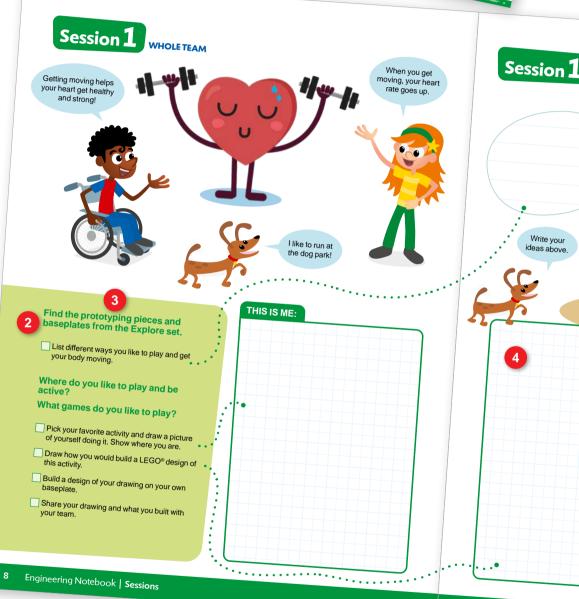
1. Introduction:

Session 1: Let's Discover

Details for each of the Introduction activities are provided on pages 21-24.



- 2. There are six baseplates in the Explore set. Give one to each student.
- 3. Introduce the prototyping pieces (Bag 4) to the team. They will use these to create their models. Do NOT open any other bags.
- 4. Provide extra scrap paper as needed for the team to draw and write their ideas.



Guiding Questions

- How does your favorite activity help raise your heart rate?
- Where do you play your favorite activity?

Cleanup Pointers

• The LEGO models built should be taken apart. The prototyping pieces could be placed back in the Explore box or in a container labeled "Prototyping Pieces."