

# Reward Sticks

Item #17534



- **Overview.** Colorful wooden sticks that provide a perfect way to reinforce positive performance for all kinds of activities, exercises and games. They can be given out to students as they run around each lap on the track, shoot a successful basketball shot, or dribble a soccer ball between cones. The set includes 120 sticks - 20 each in red, blue, green, yellow, orange and purple.
- **What Are the Educational Applications?**  
Students get rewarded, which encourages further physical activity. They develop an appreciation and excitement for games and activities because they can track their progress and success using the Reward Sticks.
- **How Can I Use This Product With My Students?**
  - **Where:** As dictated by the activity being rewarded.
  - **Age:** Reward Sticks provide positive motivation and simple developmentally appropriate activities for most ages. Smaller pre-school children might put them in their mouths.
  - **Group Size:** As dictated by the activity being rewarded.
  - **Basic Skills Needed:** Reward Sticks encourage success and challenge students to try higher-level skills. Activities that reward students with the Reward Sticks should test appropriate student levels. More challenging activities can be added once beginner-level activities are mastered. Instructors should use their discretion for picking activities based on student performance.

## The Games/Activities

- **Activity #1: Lap Counter**
  - a. **Objective:** Reward Sticks can be used to count laps.
  - b. **How to Play:** Every time a student completes a lap during a running activity, the student receives a Reward Stick. When the student has collected the correct number of Reward Sticks, bring them to the teacher to show that they completed the running activity. This helps the teacher and the student keep track of their results.
- **Activity #2: Tabulate Results**
  - a. **Objective:** Reward Sticks can be used to tabulate results of a skill activity.
  - b. **How to Play:** Students receive a different colored stick for each different level of success that they achieve. Using Basketball Shooting as a sample activity:
    - Level 1: Successful lay-up = Red Reward Stick
    - Level 2: Two successful lay-ups in a row = Blue Reward Stick
    - Level 3: Dribble from half court and make a lay-up = Green Reward Stick
    - Level 4: Full court dribble and successful lay-up = Orange Reward Stick
    - Level 5: Non-dominant hand lay-up = Purple Reward Stick
    - Level 6: Reverse lay-up = Yellow Reward Stick

- **Activity #3: Marking Outcomes**

- a. Objective: To help teachers and students keep track of the outcomes of activities.
- b. How to Play: Teacher selects the activities and the student receives a different colored Reward Stick for each activity completed. Examples:
  - Beanbag toss and catch = Red Reward Stick
  - Using a plastic hoop = Blue Reward Stick
  - Hopscotch = Green Reward Stick
  - Scarf juggling = Orange Reward Stick
  - Dribbling a playground ball = Purple Reward Stick
  - Foam pin bowling = Yellow Reward Stick

- **Activity #4: Reward Stick Balancing**

- a. Objective: To work cooperatively alone or with a partner to perform balance skills.
- b. How to Play: Count the number of Reward Sticks you can balance on your partner.
- c. Extensions:
  - Balance a Reward Stick on another stick and walk forward and backward.
  - Balance as many Reward Sticks as you can on another Reward Stick.

- **Activity #5: Reward Stick Passing**

- a. Objective: To practice fine motor skills.
- b. How to Play: Pass a Reward Stick from one Reward Stick to another.
- c. Extensions: Hold one stick in your hand then balance another across that stick. Now pass the balanced stick to a teammate that is also holding a Reward Stick. This becomes a Reward Stick passing relay. The team keeps track of how many Reward Sticks they can get to the end of the line.



- **Activity #6: Skill and Spell**

- a. Objective: For every skill you complete, you receive a Reward Stick. With the Reward Sticks, you must spell words from the spelling list.
- b. How to Play: Put all the Reward Sticks in the center of the room and use a locomotor skill to move to the middle and bring back a Reward Stick. With the gathered sticks, spell a word from the spelling list. This can be played as an individual skill game or a partner and/or team game.

- **Safety Issues & Concerns**

- Students should not poke each other with the Reward Sticks.
- Students should not place the Reward Sticks in their mouths.

## Meets These NASPE Standards

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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