Landforms Relay

Purpose & SOL
- Students will locate selected rivers (James River, Mississippi River, Rio Grande), mountain ranges (Appalachian Mountains and Rocky Mountains), and lakes (Great Lakes) in the United States.
- Social Studies SOL 2.5b

Materials
- 6 Baskets to hold landform cards
- 6 Colored cones
- 6 sets of Landform cards/ Exercise cards (below)
- Notebook paper labeled 1-6

Introduction
Begin the lesson start with a game of seats up. All students will stand behind their desks. When a child answers a question about the location of a landform correctly, the student gets to switch seats with another student. This quick review will prepare students for the game.

Implementation
1) The teacher will divide students into groups no larger than 4.
2) Each group will have a map and a specific cone color, as their starting point. Set baskets with landmark cards to be collected a few feet away. The students should stand in line behind the starting point.
3) Students will travel to their identified basket and collect one landform/exercise card and bring it back to their group. (Students will travel in the manner in which the teacher indicates like: skip, hop, gallop, heel walk, etc.)
4) As a group, students will decide which number the landform card represents and write it down on their answer sheets. If it is an exercise card, students will complete the exercise listed.
5) Once all students in the group have written their answers or have completed the listed exercise, the next person may travel accordingly and collect the next card.
6) This process will repeat until all landform/exercise cards have been collected.

Cool Down
Review answers and complete a series of deep breaths to cool down.

Modifications
Students can place landmark cards on the map in their correct locations instead of writing their answers.

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<table>
<thead>
<tr>
<th>Location</th>
<th>Exercise</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>James River</td>
<td>Jumping Jacks</td>
<td>15</td>
</tr>
<tr>
<td>Mississippi River</td>
<td>Sky Punches</td>
<td>20</td>
</tr>
<tr>
<td>Rio Grande</td>
<td>Push-ups</td>
<td>10</td>
</tr>
<tr>
<td>Appalachian Mountains</td>
<td>Windmills</td>
<td>20</td>
</tr>
<tr>
<td>Rocky Mountains</td>
<td>Jump Ropes</td>
<td>15</td>
</tr>
<tr>
<td>Great Lakes</td>
<td>Scissor Kicks</td>
<td>10</td>
</tr>
</tbody>
</table>