

# 5 C's of Intrinsic Motivation

## AAHPERD 2011 San Diego, CA

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- Power Point Presentation
  - The 5 C's for Intrinsic Motivation; Control, Challenge, Curiosity, Creativity and Constant Feedback
- Introduction to samples of Intrinsic Stations
  1. **Control** -Catch and Control!
    - Equipment: bats, deck tennis rings, score sheet, trivia answer cards, and pencils
    - Teams of three
    - A team member must toss the 3 deck tennis rings for a teammate to catch with a bat.
    - Team member holding the bat runs to get an answer card to complete the fitness questions.
    - Team members answer a fitness trivia question after completing the task.
    - Check with the station monitor to see if your answers are correct.
    - When you have successfully completed the task, your team moves to the next level.
  2. **Challenge** -Minute to win it!
    - Equipment: bottles filled with beans, pencils and score sheets and stop watches
    - Teams of three, two team members will shake the beads and one team member will time them.
    - Team 2 members, who are shaking the bottles, must successfully shake the beads to the bottom of the bottle within 1 minute.
    - When you have successfully completed the task, your team moves to the next level.
  3. **Curiosity** -Choose Wisely
    - Equipment: signs for the wall, pencils, and score sheet
    - Your team challenge is to make the right choices (See how well you know your nutrition at popular restaurants). Your team has to choose wisely in order to advance to the next level.
    - Choose one of the four restaurants posted on the wall.
    - Complete the task as posted on the sign by putting the correct answers on the team score sheet.

Designed and Presented by:

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- When you have successfully completed the task, your team moves to the next level.

#### 4. Creativity -Paddle Volley

- You must use all the equipment provided to successfully put the ping pong balls into the plastic cup (bucket). (2 clip boards, a flag belt, a plastic cup (bucket) and 4 ping pong balls) You may not use your hands or feet to place the balls in the bucket.
- When you have successfully completed the task, your team moves to the next level.

#### 5. Constant Feedback -Map Maze

- Equipment: Poly spots, cargo nets, or Twister Matt,
- One team member is the controller.
- The other team members take turns trying to figure out the pre-determined pattern to follow. The controller can only say "yes" or "try again"
- If a team member steps on a "mine" the team must complete the activity assigned before trying the map maze again.
- When you have successfully completed the task, your team moves to the next level.

#### Debriefing:

- Assign points to each station
- Time the stations
- Set up a circuit

#### Assessment questions

- Did all team members work together?  
Can your students come up with stations for each of the 5 C's?

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