Description: Students will form a circle and pass a world globe beach ball around as music is played. As students receive the ball, they must twist to the right, twist to the left and squat before passing it on to the next student. When the music stops, the student holding the ball has to name a specified geographic form (such as a river, lake, ocean or desert) or country.

Learning Objectives:
- Students will identify the basic geographic forms (i.e., rivers, lakes, oceans, mountains, deserts, etc.) and their locations.
- Students will identify countries and their locations.
- Students will engage in cooperative learning.

Activity Time: 30 minutes

Materials:
- A beach ball of the world
- CD player and music
- Index cards with various geographic forms written on them — for example, oceans, hemispheres, continents, mountains, deserts, etc., as well as the word “country”
- Box to hold the index cards

Directions:
- Line up all students in a circle facing outward, and explain the rules.
- Start the music and have students pass the ball around, student to student. Before a student may pass the ball, he or she must twist to the right, twist to the left and then squat. (See the Keep Moving! worksheet found after the last activity sheet to learn the proper way to perform twists and squats.) Use fast music and let the ball go around the circle at least once before stopping the music. This will get everyone’s heart rate up.
- Whoever is holding the ball when the music stops must name the geographic form (such as a desert or ocean) that you select out of the box that is closest to where their right index finger is touching or pointing.
- Students must answer within five to ten seconds (you set the time according to your students’ abilities) or they are eliminated.
- Have eliminated students practice twisting and squatting while other students continue the game.

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Correlation to National Curriculum Standards:

III. People, places and environments
   a. elaborate mental maps of locales, regions and the world that demonstrate understanding of relative location, direction, size and shape
   b. create, interpret, use and distinguish various representations of the earth such as maps, globes, and photographs

*From National Council for the Social Studies Curriculum Standards for Social Studies, Middle grades*