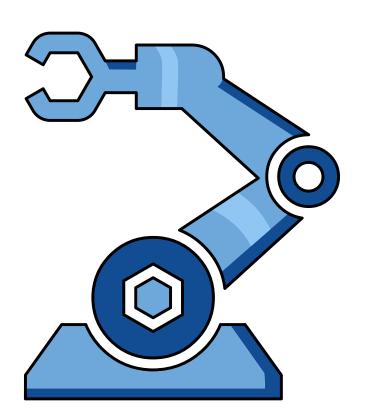
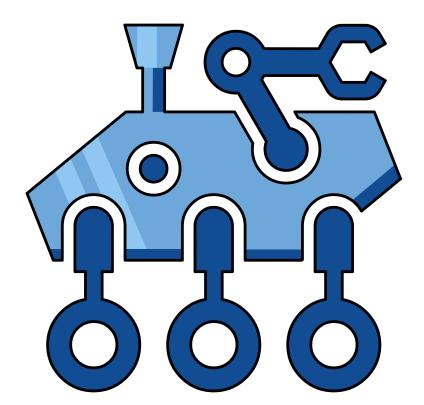


MACHINE SHOP





Inspired by the activity Machine Shop by OPENPhysEd.org

VARSITY BRANDS

- - Each team has 5 minutes to create a routine

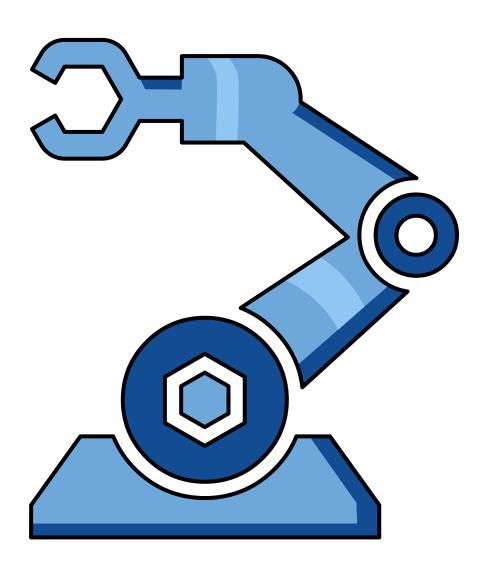
· You will be given a machine to perform

 You cannot use verbal communication during routine performances

The audience will hold their guesses until after the full performance is complete

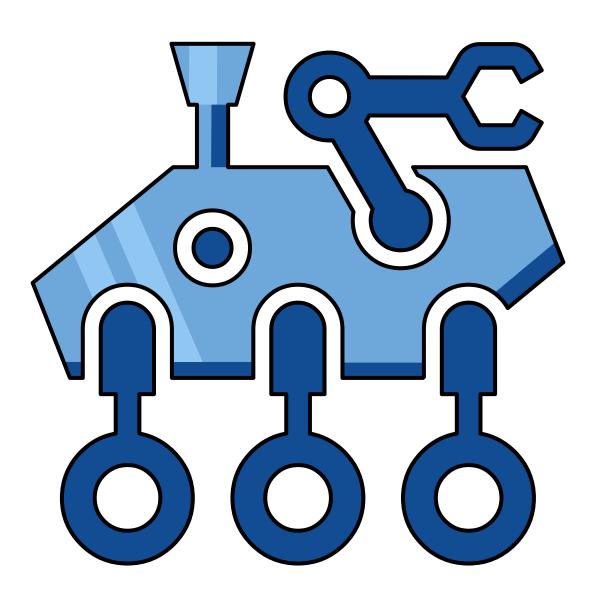


PLANNING TIME





TIME TO PERFOM





ENGAGE

(Verb)

To actively participate in a situation, group, or community.

Name 1 activity that makes you feel alive and invigorated.

Why is that activity so engaging for you? How does your participation in that activity enhance your life and the lives of the people you care about?



ENTHUSIASM

(Noun)

An energized feeling of enjoyment and interest.

Who do you know who regularly demonstrates enthusiasm?

What does enthusiasm look like? What does it sound like?
What are you enthusiastic about?
In what ways can you share your enthusiasm with others?



EXAMPLE

(Noun)

A person, thing, or action that demonstrates characteristics that are desired or sought after.

Name 1 younger person that you know who you would like to set a good example for.

Ten years into the future, what do you hope that person says when they're asked to describe you?