



STUDENT LEARNING GOALS:

Encourage students to contribute and work as a team. Develop and improve rowing technique and overhand throw.

PREREQUISITES:

Ability to row at a high pace with proper technique.

MATERIALS NEEDED:

Concept 2 indoor rowing machines
Eight or more gator skin or nerf balls

18 plastic bowling pins or other objects to be knocked over

OBJECTIVE:

To row all of the boats (ergs) across the Delaware, without having all of the pins knocked down, before the other team.

ACTIVITY BACKGROUND:

Background:

On December 25, 1776, during the American Revolutionary War, General George Washington was encamped in Pennsylvania and decided to cross the treacherous Delaware River to attack the Hessian troops in Trenton, New Jersey. The Delaware River was swollen and flowing fast with many dangerous ice chunks that could capsize the small vessels. General Washington courageously made the 1327 meter crossing with his army and defeated the enemy forces in Trenton.



CROSSING THE DELAWARE

ACTIVITY SET-UP:

Split class into two equal teams and number each student on the team to create a rowing order. Have students divide 1327 meters by the number of students on the team. They will each row their portion of the river. If you have a lot of students you can use two or even three ergs to give each student more rowing time.

Each team is positioned on a side of the gym with a line between to divide the teams. Set up pins on each team's side with three pins approximately 15 feet from the dividing line, three pins approximately 25 feet from the dividing line, and three pins near the back wall. Position the ergs near the mid-line and off to the side to avoid collisions with the equipment.

DESCRIPTION OF ACTIVITY:

When the game begins, students will begin throwing the balls and attempt to knock over pins (chunks of ice) in the other team's area. Meanwhile the first rower has begun rowing their portion of the river.

When they are finished with their share of the work, they will call the second rower and help them get started. The student who just completed rowing can then go back to their side and upright a pin (chunk of ice) that may have been knocked over. This process will continue until the distance has been rowed on all of the teams' ergs (boats).

VARIATIONS:

- Change the distance for longer or shorter games.
- Teams row across the Delaware and back by doubling the distance.
- Teams row to a different historic landmark from within your own community.