

# Lesson Plan

**A) Subject:** Phys Ed.

**Level/Grade:** 4/5

**Lesson Topic:** Cooperative Games

**Date:** November 7 2018

## **B) Context**

### **1. LEARNERS:**

- 11 gr 4s/9 gr 5s
- Many will need redirection/reminders to stay focused
  - o In the gym many of the students can get carried away and not know how to control their behaviour

### **2. CURRICULUM:**

OE (FOR GR 4 AND GR 5) B1: perform movement skills, demonstrating an understanding of the basic requirements of the skills and applying movement concepts as appropriate, as they engage in a variety of physical activities;

### **3. MATERIALS/RESOURCES:**

- Bean bags of two different colours (5 of each)
- As many hula hoops as possible (at least 9)
- Skipping ropes
- Promethean Board

### **4. ARRANGEMENTS/GROUPING OF STUDENTS & EQUIPMENT:**

- Students will be put in pairs, and split into two larger groups

## **C) Learning Expectations**

- Learning goals: I can...
  - o Follow the instructions given in the gym
  - o Stop when asked to
- Success Criteria: I will...
  - o Play safely with my partner
  - o Be happy for both teams regardless of the outcomes
  - o Listen for the signal to stop what I am doing

## **D) Instructional Strategies for Teaching & Learning**

### **1. Introductory Section: Warm Up**

- The students will be playing two types of tag to warm their bodies up
- Hot Dog Tag:
  - o Choose 2 students to be it

# Lesson Plan

- The other students run around the gym and when they get tagged they lie down (hot dog) and wait for two friends to come save them
  - To save the tagged person the two friends lie on either side forming a bun
- The hot dog and the buns can then get back up and keep going
- Bridge Tag:
  - Choose 2 students to be it
  - The other students run around the gym and when they get tagged they go into a downward dog position
    - To save the tagged person someone else needs to go under the persons bridge
  - The pair can then get back up and keep going

## 2. Main/Middle Section: Cooperative games

- Students will work together in two team style games
- Split the students into two teams (use the tribe tables as a guide)
- Hula Hoop Tic Tac Toe:
  - The two teams will compete against each other to complete a tic tac toe board for their team
  - Taking turns students will run up to the tic tac toe board made of hula hoops, they will make a move for their team by placing one bean bag in a hoop
  - They go back to their team and high five the next person in line
  - The next person makes a move for their team, and so on until one team has made a successful line
  - \*While they are waiting in line the students will be skipping rope
- Hula Hoop Rock Paper Scissors
  - The two teams will compete against each other to make it to the end of their hula hoop snake
  - Taking turns students will hop through the hoops and meet the other team where they end up crossing paths
  - The pair will compete in a **best of 3** rock paper scissors battle

## **Lesson Plan**

- The person who wins continues hopping towards the other team through the hoops
- The person who loses jumps out of the snake and runs back towards their team
- The first team to reach the other end of the hula hoop snake wins
- \*While they are waiting in line the students will rotate through 3 exercises we discuss as a class (i.e. 5 jumping jacks, 10 high knees, 3 inch worms)

### **3. Concluding Section: Cool Down**

- Students will take 2 laps around the gym walking to cool down
- We will then stretch our legs as they were the primary body part used during the lesson

### **4. Application/Reaction:**

- Students have been playing cooperative games for a while now and may continue on to another unit soon
- These activities are more complex to reflect this

### **E) Evaluation & Reflection Assessment Strategies**

- Observation of student engagement will be used as an evaluation technique to see if the students are understanding and fulfilling the learning goals/success criteria