



# Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

## Troika

### General Outcome A



#### Basic Skills:

Locomotor

#### Application of Basic Skills In:

Dance

### General Outcome B



Functional Fitness

### General Outcome C



Communication

Teamwork

### General Outcome D



Effort

## Grade Specific Outcomes

### Activities Teaching Strategies:

Activity/Teaching Strategies

Introductory Activity – Review 'The Wheat' with children (groups of 3, formation is like spokes of a wheel)

Body – Teach Troika (Russia) groups of 3 – wheel formation

• 16 runs forward in circular pathway

• under arches (8 then 8 more) - outside person leads first, then the inside person

• circle in groups of 3 - left 12 steps – 3 stamps – then repeat to the right

• practice without music, then with music, cueing often

Culminating Activity – Children attempt to do the dance on their own with fewer cues.

### Assessment Strategies:

Assessment Strategies

Design a rubric with the children general enough for any dance. Have ½ the class dance while others fill out a peer assessment using the rubric. Switch around.

Criteria for the rubric could include:

• perform sequence of steps (always, often, sometimes)

• worked well with others

• effort put into the dance

• focused throughout the dance

### Equipment:

Music for "The Wheat" and "Troika"

Recorder

### Resources:

### Adaptations:

Extra child can go to the centre then "cut in" or bump a person. That person then must do the same to someone in another group. Continue.