



# Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

## Combatives

4-6

### General Outcome A



Basic Skills:

Application of Basic Skills In:  
Individual Activities

### General Outcome B



Functional Fitness  
Body Image  
Well-being

### General Outcome C



Communication  
Teamwork

### General Outcome D



Safety

## Grade Specific Outcomes

### Activities Teaching Strategies:

Introductory Activity – Talk to children about body types, genetics, effects of food and exercise. Discuss different body types that seem to be common to some sports (ex. Cross-country runner, football player, basketball player, swimmer, speed skater)

Body – Children partner with a child of similar size. Do some lead up combative activities on strength, balance and agility?

Strength – arm wrestle/leg wrestle

Balance – squat wrestle/rooster fighting

Agility – knee boxing/tiger tail wrestle

Culminating Activity – Talk about the strengths that their partners had: strength/balance/ability. Discuss how our body helps us to make choices in our activities. Everyone has talents of one sort.

### Assessment Strategies:

1 page questionnaire to do at the end of class:

- 1) Based on my genetics and lifestyle, I would probably be good at \_\_\_\_\_ because \_\_\_\_\_.
- 2) Other activities which I am already good at are \_\_\_\_\_.
- 3) In order to be good at any activity, what is necessary? \_\_\_\_\_(practice)

### Equipment:

mats  
paper  
pencils

### Resources:

Ready to use P.E. activities for grades 7-9 - LRC # 397861

### Adaptations: