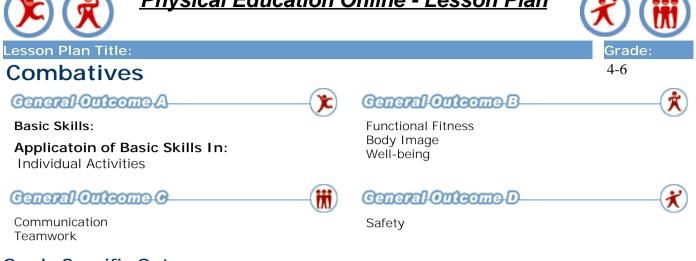
# **Physical Education Online - Lesson Plan**



## 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:

because

- 1 page questionnaire to do at the end of class:
- 1) Based on my genetics and lifestyle, I would probably be good at
- 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. activites for grades 7-9 - LRC # 397861

#### Adaptations: