



# Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

## Introductory Games - Lesson 1 (K-2)

-1

### General Outcome A



#### Basic Skills:

Locomotor

#### Application of Basic Skills In:

Games

### General Outcome B



Functional Fitness

### General Outcome C



Fair Play  
Teamwork

### General Outcome D



Effort  
Safety

## Grade Specific Outcomes

### Activities Teaching Strategies:

Simple tag games for children are important to a child's physical education development.

Lesson 1

Some skills involved in tag games include:

Listening, responding to verbal signals, running safely in large groups, stopping suddenly, tagging/chasing, working with a group, cooperation between students in small groups of people, changing directions quickly, risk taking, etc.

These skills are both necessary, as well as transferable, to most organized sports as the student grows older.

Unit: Introductory Games - Division 1

Lesson 1

1. Squads - assign students to squads
2. Expectations - (teacher expectations) Welcome to gym. I'm looking forward to an exciting year in P.E.. I ask that you always do your best and practice good listening skills.

#1 Rule - Safety

#2 Rule - Fun

- a) Wear proper running shoes. NO sandals, dress shoes, hiking boots or spidee girl shoes
- b) K- 2 - wear comfortable clothing on P.E. days. Grades 3- 6 are required to wear gym strip. Bring a T-shirt, shorts, socks, and running shoes in a labeled bag to keep at school. (expectations may vary from school to school)
- c) Leave extra clothing and personal items in the classroom. (including jewelry, sweaters, things in pockets,

etc.)

- d) Absolutely no gum or food of any kind
- e) Keep long hair tied back
- f) Let your PE Teacher know of any medical problems such as asthma, bone injuries, frequent headaches, etc.

#### Other Rules

- \* Treat this gym like your classroom - we have phys. ed. rules just as you have classroom rules. i.e. Behave in an appropriate manner, listen to all directions, put up your hand if you have a question, stand if you are speaking
- \* Line up quietly and orderly - eyes forward, keeps hands to yourself and wait for your teacher to pick you up
- \* When entering the gym do not yell, jump, throw gym strip in hoops, hang off equipment. K- 2 - you will sit in your squads. 3- 6 - you will quickly change and then come out and read the white board for your assignment.
- \* We treat each other with respect - when someone is speaking we listen and DO NOT make comments - in the gym we are a TEAM (Together Everyone Achieves More)
- \* DRINKS/BATHROOM - please ask permission if you need to get a drink or use the washroom
- \* PARTICIPATION - Every student is required to participate in P.E. classes. If you are injured or unable to participate for medical reasons, we require a note from your parents. If you are unable to participate for an extended period of time we require a note from your doctor.
- \* BREAKING RULES - If you choose to break a rule your name will be recorded. Depending on the offense, we may ask you to sit out. (may vary from school to school)

#### Skills - Tag Games

##### Helpful Hints for Tag Games

1. Practice safe ways to run and tag. Discuss inappropriate tagging methods.
2. Base should be large enough area so that students don't bunch together. As students become more skill at the games limit them to using the safe base only three time a game.
3. If students are choosing a new 'tagger' give them to the count of 3 to do so. This keeps

games  
moving quickly and keeps 'picking of friends' to a minimum

Go over safety chart.

#### Ice Cube Tag

Equipment - None

Skills - running, dodging, fleeing

Game- 4 - 5 taggers. The players scatter. When tagged by a tagger the player drops to their hands and knees to simulate an ice cube. To be freed, a free player sits sideways on the ice cube's rump. They both call out "brrrr!" The the ice cube and the sitter can both join the game again.

#### I SEE

Equipment - none

Skills - listening, responding to a verbal signal, creativity

Game- Do you think you could play a game with these three rules: listening, stopping at a certain time, and not touching anyone. Good. The game is called, "I See . . ." When I say, "I see." You say "What do you see?" Whatever I tell you that I see, you will pretend to be or do. Actions continue until the teacher says see again. Last phrase could be see girls and boys sitting quietly in front of me.

#### Spider Push Up Tag

Equipment - none

Skills - running fleeing, dodging

Game- 4 - 5 taggers are chosen. If tagged the person must sit cross legged on floor. A free person comes and sits down in front of them and they put their finger tips together to form an arch. Pump the arch in and out and sing "Itsy Bitsy Spider" Both go free

5. Wrap Up - review rules, expectations, and games

#### Assessment Strategies:

Point to one of 3 happy faces on the way out of the gym to depict your effort today

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#### Equipment:

none

#### Resources:

#### Adaptations:

Field