



Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

Introductory Games - Lesson 2 (K-2)

K-2

General Outcome A



Basic Skills:

Locomotor

Application of Basic Skills In:

Games

General Outcome B



Functional Fitness

Well-being

General Outcome C



Fair Play

Teamwork

General Outcome D



Effort

Safety

Grade Specific Outcomes

Activities Teaching Strategies:

Unit: Introductory Games - Division 1

1. Attendance - students sit in squads
2. Warm up - 1 - 10 (Explain to students about exercising their hearts. Get them to feel their heart and then explain 1- 10) Running from wall to wall 10 times- when done students are to walk or sit)
3. Synchro Stretch - introduce a "stretch incorporating cool down, muscles toning and stretching)
4. New Skills
Review fire drill procedures for the gym

Stuck in the Mud

Equipment: taggers use a nerf ball to tag others.

Game: Approximately 4 - 5 students are chosen as taggers. Taggers remain the same for the entire game.

Taggers tag as many people as possible (Review SAFE tagging methods) If a student is tagged, they pretend to be stuck in the mud by spreading legs shoulder width apart and yelling "I'm stuck in the mud." Another student who is not a tagger may 'free' a student who is stuck in the mud by crawling through/under the person's legs.

No one is eliminated from the game.

New taggers are chosen by the old taggers. Give to the count of '5' to pick replacement.

5. Wrap Up - I See - see lesson 1
Review new games and fire drill procedures.

Assessment Strategies:

Discussion with students covering such topics as: 1) How did you feel when someone freed you? 2) If you were a tagger, when did you choose a new tagger and why? 3) How could you become a better player in this game?

Equipment:

3 - 6 nerf balls depending on size of class

Resources:

Adaptations: