



Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

Sponges Galore

any grade

General Outcome A



Basic Skills:

Locomotor

Application of Basic Skills In:

Games

General Outcome B



Functional Fitness

General Outcome C



Communication

Fair Play

Teamwork

General Outcome D



Effort

Safety

Goal Setting/Personal Challenge

Grade Specific Outcomes

Activities Teaching Strategies:

Every participant has a sponge (common Canadian Tire variety) and is taken quickly through the following sequence of activities/challenges.

- Quick introduction to the sponge with squeezing, then flip from the fingers and catch, try the other hand
- Hold sponge, between 2 hands, at eye height, elbows out above shoulders, drop sponge and catch, just before it hits the floor
- Repeat and add a clap before catching the sponge
- Repeat and add a clap before catching the sponge
- Repeat and add several claps
- Drop the sponge again and -tweedle-, before catching (roll both hands around each other forwards)
- Drop the sponge and -twaddle- (hands roll backwards)
- Drop the sponge and -tweedle and twaddle- before the sponge contacts the floor
- Drop the sponge and spin around before catching
- Drop the sponge, clap spin and catch
- Check to see if still starting at eye level
- Turn to face a partner and tuck one sponge away, into belt etc. Set-up to drop the sponge for your partner, remind your partner to catch the sponge near the floor, give the sponge to your partner and repeat
- Continue with 2 sponges, held together at eye level and dropped for your partner
- Try holding the sponges shoulder width apart and release
- Go back to one sponge and have your partner turn their back to you, on a count of 3, drop the sponge as they spin around to attempt the catch

Additional activities with the sponge: partner challenges, with sponge marking the heel, estimate how far you can jump forward? Or have your partner place the sponge as far forward as they think you can jump? Try stepping into a drop kick with the sponge, it never rolls away!!

Assessment Strategies:

Would be dependent on the ages of the students. With a partner, children can create 2 other activities that they can do with the sponges. Assess these on: creativity, level of challenge, ability to explain and show others.

Equipment:

Resources:

Adaptations: