Elementary Physical Education

Age level: 10 + year olds
Class Size: 15
Unit: Cooperative Games
Class Period Time: 50 min.

Performance Objectives
After this lesson, students will be able to:
   Psychomotor:
   1. Demonstrate their Freeze position upon command.
   2. Work together to accomplish the tasks.
   Cognitive:
   1. Be able to verbally list what skills students used during the activities.
   2. Recognize the opportunity to use cooperation while working with others.
   Affective:
   1. Respect each other and work together
   2. Use equipment properly.

Equipment:
   • Cones
   • 1 hula- hoop
   • Bin of 50+ balls (tennis, wiffel balls)
   • 15+ Ropes
   • 1 big heavy ball (bowling ball)
   • 5+ bases or spots

Safety Considerations:
   • Use equipment appropriately
   • Aware of others around you

Assessment Measures:
   Psychomotor
   1. Through observation evaluation all students will demonstrate their freeze position upon command and wait and listen for directions.
   Cognitive
   1. Students will list skills they needed to use in order to participate in the activities today.
   Affective
   1. Through observation, students will respect each other and work together.

Future Suggestions:
<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
<th>Cue Words</th>
<th>Organization</th>
<th>Co- Teacher</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-5 min</td>
<td>- Students arrive</td>
<td>- Find your name tag and put it on</td>
<td></td>
<td>- Help pass out nametags</td>
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<td></td>
<td>- Pass out nametags.</td>
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<tr>
<td>5-6 min</td>
<td>- Go to practice field or play area.</td>
<td>- Come sit in a circle</td>
<td>S T</td>
<td>- Sit in circle and participate in game.</td>
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<td></td>
<td>- Introduce what will be done today: cooperative games (games where we work together while we play a game)</td>
<td>- Listen for directions</td>
<td>S S</td>
<td>- Help any late students find their nametag and then join the group.</td>
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<td></td>
<td>- Skills to be used: communication, cooperation, teamwork, patients. Have them help define each.</td>
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<td></td>
<td>- Tell them about safety concerns: listen to directions throughout the day. Listen carefully for the appropriate equipment use.</td>
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<td>T S</td>
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<tr>
<td>6-10 min</td>
<td><strong>INTRO/ Warm up</strong> &lt;br&gt;Hula Hoop Game</td>
<td>- hula-hoop to the game.</td>
<td>T2</td>
<td>Observe</td>
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<tr>
<td></td>
<td>- Have students hold hands and put a hula- hoop around a person’s arm.</td>
<td>- Don’t let go of each other’s hands.</td>
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<td></td>
<td>- Try and get the hula-hoop around the circle without letting go of hands.</td>
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<td>S S</td>
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<td></td>
<td>- Do for time. Set goal and try to meet it.</td>
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<td>S T1</td>
<td></td>
</tr>
<tr>
<td>10-15 min</td>
<td><strong>Establish Freezer Command</strong></td>
<td>- Hands on knees.</td>
<td>Random</td>
<td></td>
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<tr>
<td></td>
<td>- Show freeze shape (hands on knees).</td>
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<td></td>
<td>- Explain that when I say “FREEZE” I want you to make your freeze shape and stand still and listen for directions, while facing me.</td>
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<td></td>
<td>- Practice saying, “FREEZE” and them making their shape 2+ times, until they know what to do.</td>
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</table>
**Whistle Mixer**
- Establish boundaries.
- Can move by running or jogging in those boundaries.
- I will say a command, if you can’t find a partner come to the middle and find on there.
- Command might be toe-to-toe, then I will hold up my fingers for the number of people you need to have in your group.
- “Fall in” I want you to jog in and everyone should follow someone in front of them. You should end up jogging in a circle.
- Practice Falling in, then jogging, and then falling in...

- Listen to what I say carefully, also look at my fingers to see how many people you need in your group.
- Fall In

<table>
<thead>
<tr>
<th>T2</th>
<th>S</th>
<th>S</th>
<th>S</th>
<th>S</th>
<th>S</th>
<th>T1</th>
</tr>
</thead>
</table>

**Middle**

**MT 1**

**Dinosaur Egg**
- Story: This is a rare dinosaur egg and it has fallen from its nest, but needs to be put back. A miracle it has survived the fall, but need to be returned quickly. Humans cannot touch it or it will die. Given these magic ropes figure out how to get the egg back to safety.

**Review Skills Used**

**MT 2**

**Popcorn Game**
- I have this bucket of balls, I will spread out the balls and the object is to get all the balls returned back to this bucket, but you can’t move with them. If you have a ball in your hand then you can’t move your feet from the spot.
- I will time you for how long it takes to get all the balls back into the bin.
- Try to improve their time every try.

**Review Skills Used**

- Story
  - Don’t touch the egg.
  - Can’t drop it.
  - Be careful

- Can’t move with ball.
- Return all balls.

**Random formation**

- Observe
  - Don’t give any suggestion.

- Set up cones for next activity (see below)
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Instructions</th>
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<tbody>
<tr>
<td>30 min</td>
<td>MT 3 Lava River</td>
<td>- <strong>Story:</strong> Your entire group has to get across the lava river. If you touch the lava you lose the limb. Luckily you have been given these magic lily pads that float only when in contact with a person. If they are let go of they will float down river and it is impossible to get them back. -Everyone needs to get to the other side. <strong>Review Skills Used</strong> - Don’t touch lava - Work together</td>
</tr>
</tbody>
</table>
|       |                      | Xxxxxxxxxxx  
|       |                      | Start  
|       |                      | Lava River  
|       |                      | Finish goal  
| Extra | Cross Finish Line Together | - Photo finish everyone needs to cross the line at the same time. -Any strategy may work. |
|       |                      | - All have to cross at same time.  
|       |                      | Random  
|       |                      | -Watch line  
| 4 – 50 min| End/ Closure | - Ask the students what we did today. (Corporative games) - Ask them what activities they did today. What skills they used? Such as: teamwork, cooperation, encouragement, patients, communication. |
|       |                      | -When I say go, I want to you come over and make a circle on the floor.  
|       |                      | S T  
|       |                      | S S  
|       |                      | S S  
|       |                      | T S  
|       |                      | -Join circle, make sure students are following directions.  
|       |                      |  