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ED559J Healthy Living Now

3.14.2017 5 Credits / 500 level

Assignment #11B

**LESSON PLAN**

**Grade Level: 4&5**

Name of Subject: Physical Education

**Name of Activity: Alaska Wildlife Tag**

Alignment with Alaska PE Standards: A, B, C, D, E, F

Alignment with National PE Standards: 1, 2, 3, 4, 5

Anchorage School District Sequentially Based Academic Plan Compliance:

Quarter 1; Fitness Concept; Cardiovascular; Skill: Chasing & Fleeing

Objectives: Students will attain mature motor skills, use movement patterns, learn movement concepts and explore fitness concepts. Students will learn personal and social skills through cooperative activities and the introduction of modified games.

Adaptations for students with disabilities: Create a smaller playing area. Students may use a longer implement (soft noodle) to tag other students. When wheel chairs are utilized, this activity should be conducted on a safe flat surface area.

Materials Needed: 4 cones or other marking indicators; 7 pinnies – 3 one color, 4 another color; optional – organic carrot sticks for healthy snacks at end of game.

**Activity Plan:**

Take students outside in nature on an uneven terrain. Remind students of the health benefits they will receive by breathing fresh air, being surrounded by nature, and moving in a variety of ways on a natural uneven surface.

Set cones to mark area 30 paces in each direction.

Review safe tagging techniques and “The Golden Rule of Tag.”

Remind students to be respectful of one-another. “The Golden Rule!”

Choose 3 students to be bears (have them wear same color pinnie).

Choose 4 students to be wolves (have them wear same color pinnie, though different color from the color of the bears).

Remainder of students will be hares.

Adjust numbers of bears and wolves, depending upon size of class.

Play tag in format where wolves try and tag hares; bears can tag wolves or hares. Once tagged, students must freeze in place (which will create obstacles for remainder of participants, until they rejoin the game). Frozen/tagged students must do their choice of 10 jumping jacks, 10 push-ups, 30 crunches or 30 seconds of running in place – and then they are free to rejoin the game.

Play for a certain number of minutes, then stop the game, and switch the players around so that they can all be each type of participant, with practice in both feeling and chasing.

At end of final game, treat each student to healthy organic carrot sticks, as all students were at one time hares, and the carrots would be at the bottom of the food chain for the hares. Ask the students about the food chain, and guide them in that exercise on the walk back to their next class.

Reinforce importance of variety of physical exercise, combined with healthy food choices for optimal physical health.

**Assessment:**

*\*Skills* - dodging chasing and fleeing skills assessed with speed changes, quick movements/turns, eye-hand coordination/control, eyes on target

*\*Participation* -effort, motivation, contribution to team play

*\*Behavior* -treatment of others, sportsmanship, attitude with peers and instructor