

Bachelor of Education (Elementary)

Lesson Plan

Lesson Title:	Team Activity Stations	Lesson #	1	Date:	Oct 07, 2024
Name:	Bridget Teichroeb	Subject:	Gym	Grade(s):	4+

Rationale:

Are you teaching this particular lesson at this time? (e.g. is it part of a complex skill? Is it an essential pre-reading skill in reading? Is it important that the students hear good literature?) What is the significance of the area of learning to students?

Core Competencies:

Communication	Thinking	Personal & Social
Collaboration	Creative Thinking	Personal Awareness and Responsibility

Big Ideas (Understand)

Personal choices and social and environmental factors influence our health and well-being. (Maybe)

Developing healthy relationships helps us feel connected, supported, and valued. (Maybe)

Learning Standards

(DO)	(KNOW)
Learning Standards - Curricular Competencies	Learning Standards - Content
<p>Develop and demonstrate safety, fair play, and leadership in physical activities.</p> <p>Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments</p>	<p>how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games</p> <p>movement concepts and strategies</p> <p>proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills</p>

Instructional Objectives & Assessment

Instructional Objectives (students will be able to...)	Assessment
<p>Students will be able to follow a map.</p> <p>Students will be able to experiment with a variety of collaborative skills.</p> <p>Students will be able to engage with First Peoples concepts respectfully</p> <p>Students will be able to stay in groups</p> <p>Students will be able to follow instructions both oral and written</p> <p>Students will be able to problem-solve</p>	<p>Each group gets to the proper stations in order</p> <p>All students are participating in each station</p> <p>Students create positive animal representations</p> <p>Students do not leave assigned groups or join other groups or asked to switch</p> <p>Students Complete activities in order and as directed</p> <p>Students complete the human knot successfully</p>

Prerequisite Concepts and Skills:

Review: Creating Teams, working in groups, basketball shooting, gymnastic pyramid, flexibility

New: Working on activity Transitions, teamwork, positive community building

Indigenous Connections/ First Peoples Principles of Learning:

Learn the Alphabet with Northwest Coast Native Art Book by Native Northwest and model animals from the book.

FPPL: Learning involves recognizing the consequences of one's actions.

FPPL: Learning is embedded in history and story

Universal Design for Learning (UDL):

Learning Goals that we can tell the class - Teamwork and collaboration

Ways to show flexibility in fulfilling the requirement: We discuss variations if something is too difficult. Discuss ways kids can help each other and show kindness.

Differentiate Instruction (DI):

Students who have difficulty reading can listen along and repeat what the teacher and peers say.

While students practice together the teacher can spend a little more time with students who need one-on-one support to stay on task.

Materials and Resources

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Lesson Activities:

Teacher Activities	Student Activities	Time
<p>Introduction (anticipatory set – “HOOK”):</p> <p>Team Name Warm-Up</p> <p>Get students into teams and prompt them to create team names while standing in team circles and stretching their favourite stretches</p>	<p>Basic stretching (arm circles, jumping jacks, lunges, neck circles, hip circles)</p> <p>Create name with teammates</p> <p>Time to transition to the assigned station</p>	
<p>Body:</p>	<p>ABC Animals in Gym</p> <p>Use your creativity to recreate three animal movements from the book.</p> <p>Human Knot Small Grass in front of the Gym</p> <p>Stand in a group, reach your arms out, hold hands with someone who is not beside you, and untangle yourself.</p> <p>Staircase Duck Photo at Nursing Building</p> <p>Run/walk up the stairs as a group, take a group selfie with the duck and make your way back down.</p> <p>Basketball Court Shots</p> <p>Every team member must put a basketball through the hoop unaided. If a teammate is struggling, give them some pointers and let them try again.</p>	

	Human Pyramid Three people kneel down on all fours in a row side to side. Two people kneel down on top, placing the left hand and feet on the person to their left's shoulder and hip and the right hand and feet on the person to the right. The last person carefully climbs on top in the same way. Try to hold for 5 seconds. VARIATION: if some team members are not able or comfortable they do not have to participate. Instead, they are a spotter/cheerleader. Keep your teammates safe and energized.	
Closure: Cool Down	BEACH TIME: Pretend to be at the beach, walking through deep sand, jumping over waves, shaking off the sand. Continue until cool. If you can't jump just take a big step over the wave.????	

Organizational Strategies:

How will you bring the class together at the start of the day/lesson?; utilize student helpers to facilitate the flow of lessons and the day in general?; distribute and collect materials?; separate the class into groups or levels? (In what situations should groups be assigned ahead of time?); coordinate different grade levels working on different assignments?

Proactive, Positive Classroom Learning Environment Strategies:

This activity gives students the opportunity to explore styles of reciting poetry which can help foster confidence in other reading tasks that they work on and promote learning in

small doses with tasks that they struggle with. Working in small groups can foster a more inclusive and positive classroom environment.

Extensions:

How might this lesson link to previous and/or future lessons within the same curriculum area? How might knowledge, skills or attitudes from this lesson be integrated/infused into lessons in other subject areas?

Link to - Basketball, gymnastics, team building, flexibility, directional awareness

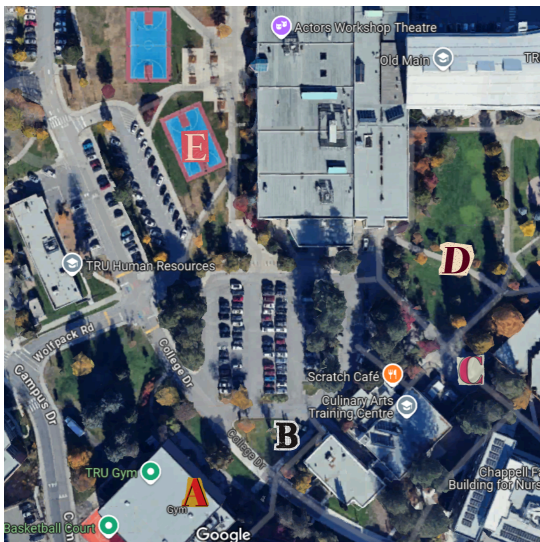
Reflections (if necessary, continue on separate sheet):

PE Project

Scavenger Hunt

1. Team Name Warm-Up
 - a. Basic stretching (arm circles, jumping jacks, lunges, neck circles, hip circles)
 - b. Time to transition to the assigned station
2. ABC Animals in Gym
 - a. Use your creativity to recreate three animal movements from the book.
3. Human Knot Small Grass in front of the Gym
 - a. Stand in a group, reach your arms out, hold hands with someone who is not beside you, and untangle yourself.
4. Staircase Duck Photo at Nursing Building
 - a. Run/walk up the stairs as a group, take a group selfie with the duck and make your way back down.
5. Basketball Court Shots

- a. Every team member must put a basketball through the hoop unaided. If a teammate is struggling, give them some pointers and let them try again.
6. Human Pyramid
 - a. Three people kneel down on all fours in a row side to side. Two people kneel down on top, placing the left hand and feet on the person to their left's shoulder and hip and the right hand and feet on the person to the right. The last person carefully climbs on top in the same way. Try to hold for 5 seconds. VARIATION: if some team members are not able or comfortable they do not have to participate. Instead, they are a spotter/cheerleader. Keep your teammates safe and energised.
7. Cool-down
 - a. BEACH TIME: Pretend to be at the beach, walking through deep sand, jumping over waves, shaking off the sand. Continue until cool. If you can't jump just take a big step over the wave.
 - b.



- ☐ Create 'script' for pres
- ☐ Brain break for presentation [64 Educational Brain Breaks Your Students Will Love \(weareteachers.com\)](http://weareteachers.com/64-Educational-Brain-Breaks-Your-Students-Will-Love)
 - ☐ Warm-up/ team names/ stretching
 - ☐ Intro
 - ☐ Running activity (one inside one outside)
 - ☐ Cool down
- ☐ Create posters for each station (Bridget)
- ☐ Create Map (Danielle)
- ☒ ~~Buy sleeves for posters so they wont get damaged~~
- ☐ Create Lesson plan
- ☐ Create teams of 6 people
 - ☐ Get list of classmates - moodle