



Dimension (circle one): *Types of Gymnastics, Dance, Games, Individual Activities, Alternative Environment*





Physical Education Lesson Plan # 3 of 4

Grade: 1

Unit: Invasion Games (30 Minutes)

Date: April 6th, 2016

Time: 30 Minutes

General Outcomes	 Activities		 Benefits Health			 Cooperation				 Do It Daily...For Life			
	X		X			X				X			
Specific Outcomes	Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/Personal Challenge	Active Living In the Community
	A1-1,2	A1-8,10	B1-4			C1-1	C1-3,4,5			D1-2	D1-3,5		

Introduction/Warm Up:

Dice Tag Canadiana (DPA Greatest Hits)

Assessment (Formative or Summative):

- Observation: locomotor/non locomotor skills being practiced during activities
- Observation of Physical Literacy: Unistructural, multistructural, relational, extended abstract (Are students experiencing componenets of both surface learning and deep learning while being active)

Learning Activities/Teaching Strategies:

Flag Tag: Divide students in to two groups. Have each group where separate colored pennies and have a separate hula hoop on opposite ends of the placing space. Each student gets a scarf which they tuck in to their pocket. On 'go' students move around the plaing space trying to pull the flag out from the participants on the opposite team color. Once a flag (scarf) is taken, the player who took the scarf then takes it back to their teams' hula hoop. The student who no longer has a scarf has to return to his/her hula hoop to get a new scarf retrieved by other participating players during the activity.

Note: This activity is continuous

Basic Skills: Nonlocomotor (Stability) – e.g., turning, twisting, swinging, balancing, dodging, bending, landing, stretching, hanging
Locomotor – e.g., walking, running, hopping, jumping, leaping, rolling, galloping, climbing, sliding, propulsion through water
Object Manipulative – e.g., receiving: catching, collecting, retaining: dribbling, bouncing, trapping sending: throwing (overhand & underhand), kicking, striking
Object Locomotor - e.q., skiing, skating, wheel chairing, water polo, rowing, paddling
Physical Literacy Environments- air, water, ground, ice/snow, outdoors

Variation: Donkey Tag (DPA Greatest Hits)

Closure/Cool Down:

-Bring students together and ask them what made them successful during the activity. Get them to find their heart and feel it beating. Ask them a few questions around the importance of their hearts being able to beat fast in HPE.

-Get one student to show the group a stretch and do the stretch together as a group

Fundamental Movement Skills Explored:

Nonlocomotor/Stability: Balancing, Turning, Twisting, Dodging

Locomotor: Walking, Running, Fleeing

Object Manipulative: N/A

Object Locomotor: N/A

Circle Of Courage Components (*circle components that apply*):

Mastery, Generosity, Independence, Belonging

Physical Literacy Environment (See below): Ground

Elements of Physical Literacy:

Affective- Students are expressing joy while participating in activities & interacting with others

Physical- Students demonstrate basic FMS during activity

Cognitive- Students demonstrate an understanding of the movements, tasks and expectations for activity and how it relates to their health

Behavioral- Students can control their own behavior during activity and are not interfering with others

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Safety Considerations:

- Spatial Awareness: Make sure individuals are aware of the space around them.
- Relationship Awareness: Make sure students understand where to place flag (scarf)

Related Resources/Equipment:

- Flags, scarves, dice, bean bags

www.thephysicaleducator.com

www.everactive.org/resources

Alberta Education PE Curriculum

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