

LESSON PLAN: **OUTDOOR ADVENTUROUS ACTIVITY:** YEAR 3: WEEK 2

LESSON OBJECTIVE: To develop teamwork and communication through planning and completing tasks.

WARM UP (10 MINS)

In pairs pupils are asked to play follow my leader around the hall. Ask them to change the speed and type of movements. Pupils change over after 1 minute.

MAIN LESSON (20 MINS)

Bench challenge: Split the class into groups of 6. Each group is given a bench. Ask the children to reorganise themselves in a specific order (date of birth, alphabetical order, height, etc) without stepping off the bench. This can be made more challenging by asking the children to complete the task again e.g. without verbal communication or with one person blindfolded.

Obstacle course: Keep the children in their groups of 6 and give them a section of the hall. The groups need to create a small obstacle course for their peers and then use a pencil and piece of paper to explain the course as best they can. Allow them to use limited equipment. Once they have designed the course they can set it out and try to complete it.

Develop this: Allow them to explain it to another group and allow them to try it.

GAME/COMPETITION (15 MINS)

Choose the best obstacle course and time each group completing it to decide who the winners are.

EQUIPMENT

- Random equipment
- Pencils
- Paper
- Benches

KEYWORDS

- Team work
- Communication
- Planning
- Tactics

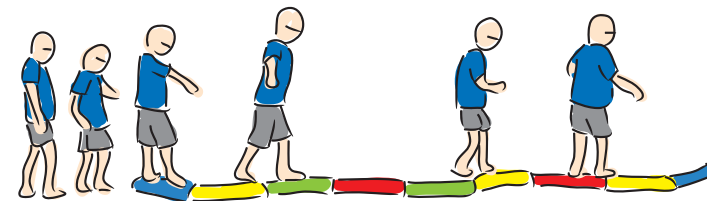
DIFFERENTIATION

LESS ABLE

- Allow one person off the bench to lead.
- Give them ideas for the obstacle course.

MORE ABLE

- Make the group larger.
- Give them an object they have to carry across the obstacle course.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental skills and movement	5	Performs the actions to a high ability.
	4	Performs the actions with a certain degree of control.
	3	Performs the actions, but to a low ability.
Tactics, rules and teamwork	5	Works in a team and has a clear understanding of how to communicate and work together successfully.
	4	Demonstrates an understanding of how to work as a team to achieve the task well.
	3	Shows signs of working together to achieve the task.
Show and link	5	Links and develops various tasks and teamwork to complete the task effectively.
	4	Shows and links how to achieve the task in a group.
	3	Shows how to perform a simple action to help the group.
Describe ways to improve	5	Is able to describe their strengths and weaknesses and suggest ways they can improve as a group and individual.
	4	Is able to describe their strengths and weaknesses.
	3	Is able to compare their performance to others.
Fitness and health	5	Shows a solid understanding of why physical activity has health benefits.
	4	Has some knowledge of why physical activity has health benefits.
	3	Has little knowledge of why physical activity has health benefits.