

LESSON PLAN: **OUTDOOR ADVENTUROUS ACTIVITY:** YEAR 4: WEEK 2

LESSON OBJECTIVE: To develop team building skills by overcoming physical tasks.

WARM UP (10 MINS)

Pupils to play the traffic light game:

Red = stop stand still

Amber = walk around the area

Green = run around the area

Keep playing the traffic light game, however, ensure pupils don't communicate with each other. Start to add more colours and tasks e.g. Pink = 5 star jumps, Blue = hopping, Black = touch your nose. Try not to remind pupils of what the colours represent and soon they will get confused as you will have added so many. Sit the class down and see if they can come up with different tactics to help them remember all of the colours.

MAIN LESSON (20 MINS)

Magic Carpet: Get pupils in groups of approximately 5. Each group should sit on a mat at one end of the hall. There should be a second mat in front of them. Pupils are to try and get to the other side of the hall without touching the floor. They can pick up and move the two mats, but they are not allowed to step off the mats. Allow them to practice this a few times.

Talk to the pupils about communication, teamwork and how to efficiently travel across on the magic carpet. Give groups 1 minute to discuss different ways they can improve.

Develop: Now add in obstacles such as benches or cones (crocodiles) which they have to go over or avoid. Pupils can also try to get to the other side without using verbal communication.

GAME/COMPETITION (15 MINS)

Magic Carpet Race: Lay a course out with obstacles or get the teams to go from one end of the hall/playground to the other at the same time. Either time them or see who comes first in the group race.

Ask the winners to explain how they are working as a team to make sure they won.

EQUIPMENT

- Mats
- Benches
- Obstacles
- Stopwatch

KEYWORDS

- Teamwork
- Communication
- Non-verbal communication

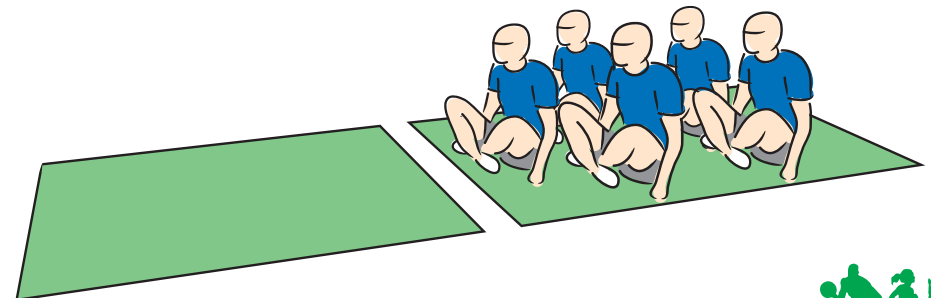
DIFFERENTIATION

LESS ABLE

- Allow two pupils to walk off the mat.
- Pair with more able student.

MORE ABLE

- Get them to work on their own.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental skills and movement	6	Performs their physical lifting and carrying skills to a high ability.
	5	Performs their physical lifting and carrying skills with a certain degree of control.
	4	Performs their physical lifting and carrying skills, but to a low ability.
Tactics, rules and teamwork	6	Works in a team, shows good leadership qualities, and has a clear understanding of the rules and tactics to be successful.
	5	Demonstrates an understanding of simple tactics and communicates with others to achieve the task.
	4	Starts to work together to communicate ideas to the team.
Show and link	6	Links various movements to complete the task around, up and over obstacles.
	5	Shows and links the movements needed to complete the task.
	4	Shows how to perform some of the necessary movement from one end to another.
Describe ways to improve	6	Is able to describe their strengths and weaknesses and suggest ways they can improve.
	5	Is able to describe their strengths and weaknesses.
	4	Is able to compare their performance to others.
Fitness and health	6	Shows a solid understanding of why physical activity has health benefits.
	5	Has some knowledge of why physical activity has health benefits.
	4	Has little knowledge of why physical activity has health benefits.