

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

LESSON OBJECTIVE: To develop communication and teamwork to overcome challenges.

WARM UP (10 MINS)

Teacher to shout out a number and exercise for the pupils to remember and perform. 1 = Star jumps, 2 = Jog, 3 = Crawl, 4 = Walk backwards, 5 = Run, 6 = Stretch, 7 = Jump.

MAIN LESSON (20 MINS)

All Aboard: In groups see how many of them can fit inside different shapes such as hoops, a coned off area, on a bench or mat etc. They have to hold a balance for 5 seconds with all hands and feet in the area.

Line Up: Get pupils to line up on a bench or in between lines facing the same direction. Without stepping off or out get pupils to get in an order. Height order, Alphabetical order, Age order etc. If someone falls off, stop the group and discuss why this happened and come up with a plan to achieve it the next time.

Develop: By blindfolding one person in the group. To challenge pupils further, you can introduce rules for pupils to adhere to. For example, all pupils can only use one hand to help others in their group.

In the all aboard game, you can give pupils specific body parts in which they need to have in contact with the ground when they are balancing within their shape.

GAME/COMPETITION (15 MINS)

Human Alphabet: In groups of 5 get the pupils to get into the letters that the teacher will call out. They have to work as a team to perform the shape of a letter. The winners are those who are the quickest and perform the best/clearest shape.

EQUIPMENT

- Mats
- Blindfolds
- Benches
- Hoops

KEYWORDS

- Teamwork
- Communication
- Shapes / balance
- Determination

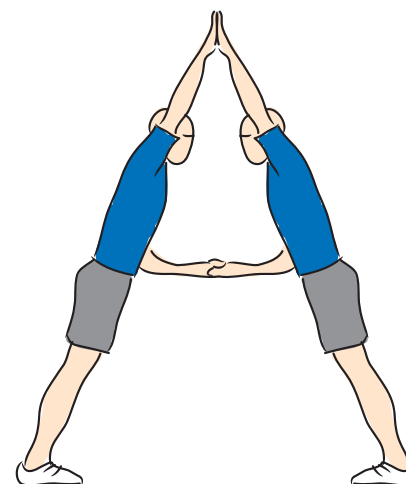
DIFFERENTIATION

LESS ABLE

- Pair with a more able student.
- In the all aboard game, make the area larger.

MORE ABLE

- Make the group larger.
- Give harder letters to perform.
- Give them a time limit.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental skills and movement	6	Performs their group balance skills to a high ability.
	5	Performs their group balance skills with a certain degree of control.
	4	Performs their group balance skills, but to a low ability.
Tactics, rules and teamwork	6	Demonstrates 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 their partner to achieve the task.
	4	Starts to work together to communicate ideas with their partner.
Show and link	6	Links communication, balance and tactics to complete the task with the added rules.
	5	Shows and links basic balance skills and good communication skills.
	4	Shows how to perform basic balance with the task.
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.