

LESSON PLAN: **OUTDOOR ADVENTUROUS ACTIVITY:** YEAR 4: WEEK 5

LESSON OBJECTIVE: To develop team work and trust with partners.

WARM UP (10 MINS)

Human Alphabet: Get pupils to move about in different ways in a grid. Call out a letter or number for the pupils to get into as quickly as they can. They can use partners or small groups to do these shapes as well.

MAIN LESSON (20 MINS)

In pairs one person is blindfolded, the other takes them round a set space avoiding other pairs. Allow both partners to build up confidence in each other. Now introduce a non-contact rule which makes them rely on communication rather than physical guidance.

You can create 'gates' of same coloured cones 1 meter apart around the hall which they have to try and pass through. To challenge pupils further give them a time limit and see how many they can pass through in 2 minutes without any contact. Partners to change over and try and beat the other persons score.

Develop: Place equipment around the room for pupils to pass round , over or under. To make it even harder don't allow them to communicate with words, see what ideas they will come up with to overcome no physical contact or the English vocabulary.

GAME/COMPETITION (15 MINS)

Blind Fold Race: Set up a route for pupils to take their partner through. Time how long it takes each pair to determine a winner. You can start them all on one side of the hall with lots of cones (crocodiles) randomly placed on the floor. They have to cross to the other side as quickly as possible. If they touch a cone they have to start again.

EQUIPMENT

- Mats
- Blindfolds
- Cones

KEYWORDS

- Teamwork
- Communication
- Obstacles

DIFFERENTIATION

LESS ABLE

- Pair with a more able student.
- Cover one eye only.

MORE ABLE

- Give them a time limit.
- Put into groups of three, with two of them blindfolded.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental skills and movement	6	Performs the blindfolded movement skills to a high ability.
	5	Performs the blindfolded movement skills with a certain degree of control.
	4	Performs the blindfolded movement skills, but to a low ability.
Tactics, rules and teamwork	6	Demonstrates good leadership qualities, communicates verbally and non-verbally, and has a clear understanding of the rules and tactics to be successful.
	5	Demonstrates an understanding of simple tactics and communicates verbally and non-verbally with their partner to achieve the task.
	4	Starts to work together to communicate ideas with their partner.
Show and link	6	Links communication and tactics to complete the task with the added rules and obstacles.
	5	Shows and links basic blindfolded movement and good communication skills.
	4	Shows how to perform basic blindfolded movement within 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.