

# LESSON PLAN: **OUTDOOR ADVENTUROUS ACTIVITY:** YEAR 5: WEEK 1

**LESSON OBJECTIVE:** How to use communication to develop leadership skills.

Introduction to what OAA means, teacher to explain: OAA involves working within teams and as individuals to solve problems, develop tactics, and overcome various tasks. Key things to use to help you be successful are team work, communication, craft skills and mapping skills. Pupils are to be made aware of mental and physical abilities.

## **WARM UP (10 MINS)**

Teacher is to explain that a warm up is made up of 'Gross Motor Activity' (any activity which gets the whole of the body moving e.g. jogging, running, jumping). This is followed by stretches once the body is warm. After explaining, the teacher is to ask pupils to suggest ways the class can warm up.

## **MAIN LESSON (20 MINS)**

Points of contact: Students to be arranged into groups of 6 and give them 2 mats per group. Select one leader per group to listen and communicate effectively with their peers. Teacher is to explain the task to the leader only! 'I will shout out a specific number (e.g. 11), and a specific body part (e.g. knee's). You and your team are only allowed that number of body parts in contact with the floor and everyone as a group has to hold that position for 5 seconds'. Leaders then have to go back and explain what to do to their team and the pupils have 1 minute to come up with a plan to achieve it.

**Develop this: Give groups various numbers and body parts to explore. Increase the time they have to hold the position for and change the leaders if necessary.**

## **GAME/COMPETITION (15 MINS)**

Human Numbers: In the groups of 6, shout out an exercise e.g. 20 star jumps. The group have to perform the 20 star jumps and then get into the shape of the number e.g. 20. Award groups for the quickest times and best shapes completed. Any teams caught cheating should complete a forfeit and have points deducted.

## **EQUIPMENT**

- Mats
- White board for scores
- Blindfolds

## **KEYWORDS**

- Leadership
- Teamwork
- Communication
- Organisation

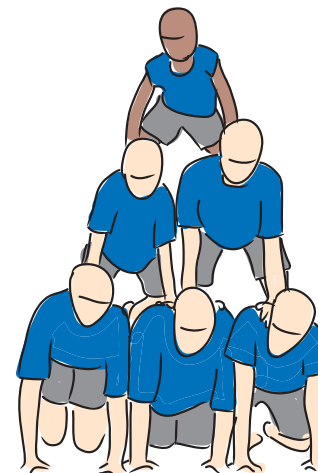
## **DIFFERENTIATION**

### **LESS ABLE**

- Use smaller groups.
- Show them pictures to help with their understanding.
- Pair with more abled student.

### **MORE ABLE**

- Get them to work in larger groups.
- Blindfold one group member.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental skills and movement	7	Performs their movement and balance skills to a high ability.
	6	Performs their movement and balance skills with a certain degree of control.
	5	Performs their movement and balance skills, but to a low ability.
Tactics, rules and teamwork	7	Works in a team and has a clear understanding of the rules and tactics to be successful.
	6	Demonstrates an understanding of simple tactics that can be used and shared in the team.
	5	Starts to work together to achieve the task.
Show and link	7	Links various movements and tactics to complete the task effectively.
	6	Shows and links two different techniques in a group.
	5	Shows how to perform the action to help the group.
Describe ways to improve	7	Is able to describe their strengths and weaknesses and suggest ways they can improve.
	6	Is able to describe their strengths and weaknesses.
	5	Is able to compare their performance to others.
Fitness and health	7	Shows a solid understanding of why physical activity has health benefits.
	6	Has some knowledge of why physical activity has health benefits.
	5	Has little knowledge of why physical activity has health benefits.