

LESSON PLAN: **OUTDOOR ADVENTUROUS ACTIVITY:** YEAR 5: WEEK 6

LESSON OBJECTIVE: To be able to organise and plan activities for others to follow.

WARM UP (10 MINS)

Sharks and Islands: In a large area place circles of same coloured cones (island) in the 8 directions of a compass. Make sure the circles are big enough to fit the whole class in. Make sure the North circle is in the North direction according to a compass. Get all pupils to stand on any Island they want. Now introduce 2 catchers (sharks). When the teacher shouts out a compass direction the pupils run to the correct circle (Island) as fast as they can without a shark catching them, if caught they also become a shark.

MAIN LESSON (20 MINS)

Obstacle race planning: Explain that they are going to design their own obstacle course for the class to go around. They should focus on team work and compass directions. In groups of about 6, pupils are allowed to look at the equipment in the PE cupboard. They then need to talk as a group about what obstacle course they can design. Allow them to draw it on a piece of paper and write a list of equipment needed.

Once the teacher has looked over their plans allow them to get the equipment to lay it out. Ensure they have included instructions on how to complete the course, compass directions and something that will make the groups use team work to compete the course.

Develop: Now allow groups to swap plans to try them out. Allow one high ability student to oversee a group completing their obstacle race.

GAME/COMPETITION (15 MINS)

Obstacle race: Select the best obstacle course and allow each group to complete it, time them to see which group works best as a team to complete it.

EQUIPMENT

- Papers & pens
- Random equipment

KEYWORDS

- Compass directions
- Pacing
- Planning
- Teamwork

DIFFERENTIATION

LESS ABLE

- Use fewer objects.
- Display compass directions.
- Teacher can suggest obstacles to use.

MORE ABLE

- Use a compass.
- Use more objects.
- Blindfold one pupil in the group.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental skills and movement	7	Performs their movement and compass skills to a high ability.
	6	Performs their movement and compass skills with a certain degree of control.
	5	Performs their movement and compass skills, but to a low ability.
Tactics, rules and teamwork	7	Works in a team or demonstrates fantastic leadership skills. Has a clear understanding of the rules and tactics to be successful at designing an outstanding obstacle course.
	6	Demonstrates a good understanding of how to design an obstacle course using compass directions.
	5	Starts to lead or work together to achieve the task and design their obstacle course.
Show and link	7	Links various movements and tactics to complete the task effectively.
	6	Shows and links two different techniques to be successful.
	5	Shows how to perform a simple 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.