

# LESSON PLAN: **OUTDOOR ADVENTUROUS ACTIVITY:** YEAR 6: WEEK 1

**LESSON OBJECTIVE:** To understand how to work as a team to overcome challenges.

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

**Buckets and Umbrellas:** Scatter cones in a set area, half should be the right way up, the other half upside down. Tell the children to imagine it is raining. Team 'A' try to catch the rain in the upside down cones. The other team 'B' doesn't want to catch the rain so their mission is to turn them back the right way! Play this game for two minutes and then count the cones to see which team are the winners.

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

**Alphabet balance bench:** Teams of 8 children and number them all from 1-8. Organise the children so that they are standing on the benches. Children must rearrange themselves alphabetically, according to their first names. The teacher decides whether 'A' starts on the right or left of the bench. All groups must try to remain on their bench during the task. If any child leaves the top of the bench the whole team must start again, or a time penalty is incurred.

**Develop:** Groups are to change positions according to age, height, odd numbers first etc. You can blindfold one member of the team or select a leader who is the only person allowed to speak.

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

**Magic carpet and bench balance race:** Each group starts at one end of the hall standing on 2 mats. They also have 1 bench opposite them at the other end of the hall. The group start on one mat and have to travel to the bench only touching/standing on the mats. If they touch the floor they have a 10 second penalty. Once they get to the bench they have to get onto it in order, tallest at one end and shortest at the other, when this is done they have to reverse the order without touching the floor or mats.

## **EQUIPMENT**

- Mats
- Benches

## **KEYWORDS**

- Teamwork
- Communication
- Organisation

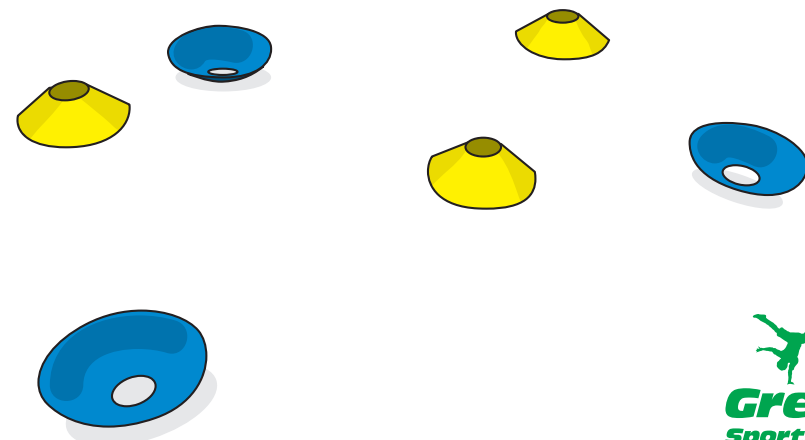
## **DIFFERENTIATION**

### **LESS ABLE**

- Use smaller groups.
- Shorter distances to travel.

### **MORE ABLE**

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



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental skills and movement	8	Performs their movement skills to a high ability.
	7	Performs their movement skills with a certain degree of control.
	6	Performs their movement skills, but to a low ability.
Tactics, rules and teamwork	8	Works in a team and has a clear understanding of the rules and tactics to be successful.
	7	Demonstrates an understanding of simple tactics that can be used and shared in the team.
	6	Starts to work together to achieve the task.
Show and link	8	Links various movements and tactics to complete the task effectively.
	7	Shows and links two different techniques in a group.
	6	Shows how to perform the action to help the group.
Describe ways to improve	8	Is able to describe their strengths and weaknesses and suggest ways they can improve.
	7	Is able to describe their strengths and weaknesses.
	6	Is able to compare their performance to others.
Fitness and health	8	Shows a solid understanding of why physical activity has health benefits.
	7	Has some knowledge of why physical activity has health benefits.
	6	Has little knowledge of why physical activity has health benefits.