Deirdre Hartman

Lesson Plan

Physical Education

**Week 2**

**Grade(s): K-5**

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| **Lesson: Stick in the Mud** |
| **Content Standards:** Strand 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities Concept 1: Fundamental Movement Skills: Grades K-2: PO 1. Demonstrate locomotor skills with age-appropriate ability. PO 3. Perform movement concepts in physical activity (*Spatial awareness*: personal space, direction, level, pathways, planes, dodging, fleeing, chasing, tagging, *Body awareness*: shapes, balance, body weight transfer, flight, Qualities of movement: time, speed, force, flow, *Relationships*: among body parts, objects and people). Grades 3-5: PO 1. Demonstrate locomotor movements within game and modified sport activities. PO 3. Apply concepts of spatial awareness in physical activities. PO 5. Apply the skills of chasing, fleeing, and evading to avoid others in a game situation |
| **Objective:** SWBAT successfully to chase, dodge and flee their classmates while maintaining personal space and avoiding collisions. SWBAT stay in the boundaries of the game, marked by cones. SWBAT tag classmates safely. |

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| **Anticipatory Set:** Quick open discussion on what is a boundary, how to tag people safely and how to run safely with others. |
| **Lesson Focus:** * The goal of the game is to cross the “mud bog” without getting caught by the “mud monsters” (the people that are “IT”).
* Students must stay inside the play area while crossing. If they are tagged by the mud monsters they become a “stick in the mud” and help tag people for the rest of the game.
* To begin the game have students line up side by side at one end of the mud bog (box of cones) , spread across the width of the play area
* After students are spread across the line, pick 2 students to be mud monsters and give them the jerseys.
* Mud monsters start in the middle of the bog, on your whistle students try to run from one side of the bog to the other. Remind students to stay inside the bog when going across.
* Mud monsters must wait for students to enter the bog before they can tag them.
* Once students reach the other side, they are safe and stay there until everyone is either across the line or tagged.
* If a student gets tagged they become a stick in the mud and are stuck wherever they got tagged at. When students are “sticks” they are stuck where they are and may not move their feet, they can stick their arms out and bend their waist to tag students.
* Once everyone has made it safely across the bog or tagged, blow the whistle and reset the students: have safe students spread out across the line, the “sticks” should face the students and the mud monsters start in the middle.
* On your whistle students try to cross the bog again, repeat this process until there are either 2 students left or everyone becomes a stick.
* When game ends, have the 2 students that won become the mud monsters and play again, if everyone became sticks pick 2 new monsters.
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| **Closure:**  Ask students how tag and run safely, and what a boundary is. Have students walk to the water fountain to get a drink and line up. |