**Gr. K Lesson Plan- Obstacle Course**

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*Draw*

*INSERT DIAGRAM FROM PRESENTATION APP HERE*

Aim of the Game: movement and combining learned skills (jumping, running & rolling)

**Rules:**

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| 1. students must stay in designated circuits |
| 2. students must wait to begin until is safe to due so (referencing student in front of them) |
| 3. students must return to start outside of the circuit |

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| **Key movement and manipulative skills** | **Key strategies to play the game** |
| * jumping
* running
* aiming
* quick stops
* changing directions
* fast starts
 | * moving effectively
* moving in a straight line
* keeping head up & aware of others around them
* completing task properly vs. quickly
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**What tactical problems does the game create?**

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| Body placement and being aware of other people around (special awareness)  |
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**Outline Task Progression to follow to learn content for the Culminating Game**

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| Task | **Skill or Strategy** | **TASK/GAME instructions** | **Achievable goal of task or game to move on to next task/game** | **Cues or refinements for skill or strategy** | **Extensions/****Simplifications****S.T.E.P.** |
|  | running | - running in between spots on ground | * running to all spots
* achieve goal of moving to spots to progress to next part of the obstacle course
 | * head up
* find a path
* long strides
* arms swing
* fast on your toes
 | - bending down to touch the spots of the ground before proceeding to the next one |
|  | Quick starts | - running in between spots | * running to all spots
* achieve goal of moving to spots to progress to next part of the obstacle course
 | * head up
* bent knees
* lean forward
* look where you want to go
* push off with your toes
 | bending down to touch the spots of the ground before proceeding to the next one |
|  | Quick stops | - running in between spots | * running to all spots
* achieve goal of moving to spots to progress to next part of the obstacle course
 | * bents knees
* land on toes
* arms & head up
 | bending down to touch the spots of the ground before proceeding to the next one |
|  | Jumping | - jumping in hoops  | - jump as high as they can within the hoops | * landing stop postion
* bending knees low
* arms up in the air
 | * star jumps
* tuck jumps
 |
|  | Aiming | - rolling a ball on the ground, aiming towards a goal (in between two cones) | - making a “goal” | * “peanut butter and jelly”
* full arm extension
* bent leg
* look where you want to aim
 | * simplification: moving goal closer to students
* extensions: moving goal farther away or one spot to roll over
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**Optional Skill:** jump on a crash mat at the end of the obstacle course if they are doing well, important that only one student goes at a time (safety)

**Closure Questions for students**

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| What was one skills you remember doing in the circuit? |
| What was the favourite animal noise you made? |