**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 |

**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 |

**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? |