

INTERDISCIPLINARY LESSON PLAN

Name: Chase Estepp **Date of Lesson:** Nov. 20 **Number of Students:** 15 **Subject Area:** Social Stud.

Standards:

3.1.1- Demonstrate mature fundamental locomotor and manipulative skills with variations. (Variations of jumping and throwing a ball underhand, with two hands, sidearm.)

3.3.4- Explain that regions are areas that have similar physical and cultural characteristics. Identify Indiana and the local community as part of a specific region.

Performance Objectives:

C- The student will be able to identify the states and capitals when asked by their classmates with 90% accuracy.

A- The students will demonstrate cooperative play with group members when being asked questions about the states and capitals despite personal differences.

P- The student will demonstrate they have mastered their locomotor skills (slide, skip, gallop, and jump) when trying to freeze a classmate with a 100% accuracy.

Equipment/Materials:

- Cones to mark off the designated playing area for the students. (10 cones)
- A list of the 50 states and capitals (15)

Introduction/Set Induction:

Today class we are going to be reviewing our states and capitals and also working on locomotor skills while we are playing freeze tag.

Explanation/Demonstration:

First I need to review how you slide, skip, gallop, and jump. Give them the instructional cues so they understand better what I am trying to teach them.

- **Instructional Cues**
 - Move sideways, do not bounce (slide)
 - Skip smoothly, land on toes, swing your arms (skip)
 - Keep one foot in front of the other, high gallops (gallop)
 - Bend your knees, swing arms forward, land lightly (jump)

Guided Practice:

I am going to have them get on the basketball courts out of bounds line and they are all going to work on their locomotor skills going down and back across the court. After I feel they have mastered the first locomotor skill I am going to switch to the next one and then we will practice all four that way.

Group Activity:

The activity is going to start out with 3 students being it and having to chase the other students around trying to tag and freeze their classmates. They have to move around using locomotor skills. When they tag a classmate they become frozen. To become unfrozen, a friend must stop in front of the frozen student and give them a state then the frozen student must give them the correct capital. During this time neither of them can be tagged. If the frozen student gives the correct capital then they are no longer frozen and can continue moving around the play area trying to avoid becoming frozen again. After a few minutes I will switch who is it and then they will have to move around trying to freeze their classmates.

Closure:

So class what four locomotor skills did we work on today? (Slide, Skip, Gallop, Jump) In the process of playing the game we probably found out which one is quicker also.

References:

Manross, Mark. (2000, May 23). *Classroom teacher integrated*.
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