

LESSON PLAN

Student Teacher: Mr. Williams **Grades:** 4-6 **Teaching Date:** November 12, 2009

Subject: Cooperative Activities, Teamwork and Challenge Activities
Standard(s): 5.) Students exhibit responsible personal and social behavior that respects self and others in physical activity settings. 6.) Students value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
Performance Objective(s)/Indicator(s) Cognitive: TSWBAT explain at least 3 skills that are involved in effective teamwork (5.5.3; 5.5.4; 5.5.5). Affective: TSWBAT contribute to the team goals of each activity <u>every</u> time a game is played (5.5.1; 5.5.3; 5.6.2; 5.6.3).
Equipment Needs: 2 hoola hoops, a beach ball, and 4 cones.

PRACTICE OPPORTUNITIES

Time	Instructional Activities (Detailed)
1:40- 1:43	Intro (See Introduction).
1:43 – 1:48	Group Stand Up <ul style="list-style-type: none"> • Divide into partners, have them sit back to back with arms interlocked, have them try to stand up. • Combine pairs to create groups of 4. Repeat procedure. • Combine into 2 groups of 8. Attempt the procedure again. • If successful, attempt an entire group effort.
1:48-1:56	Hoola Hoop Pass <ul style="list-style-type: none"> • Have group stand in circle holding hands, place one hoola hoop on the circle and see how fast they can pass it around the circle without breaking the circle. • Separate into 2 groups and have them compete against each other. • Make things more difficult with blindfolds. • Add another hoola hoop and have them go in opposite directions.
1:56- 2:02	Human Knot <ul style="list-style-type: none"> • Divide the class into 2 groups. Have each group get in a circle. • Have everyone hold the hands of 2 different people across from them. • Have each group try to untangle themselves. • If they can accomplish this with ease, have everyone try it as one big group.
(If time permits)	Moon Ball <ul style="list-style-type: none"> • Mark off boundaries and have the whole group stay within them. • Toss a beach ball into the group and have them hit it into the air as many times as possible without letting it hit the ground or go out of bounds. • Add a second ball to make things interesting. • Limit the use of their right hand to make things even more difficult.
2:02-2:05	Closure (See Closure)

PROCEDURES

Introduction (Set Induction):
 Today we are going to do some cooperative activities that focus on teamwork and challenge. What do you think are some skills that we will need to use when working with a team? (Communication, leadership, problem solving, etc.)

Organizational Plan (How will students and equipment be organized?):

Stand Up Hoola Pass Human Knot Moon Ball

SKILL ANALYSES

Skills to be Taught	Teaching Cues
1. Communication 2. Leadership 3. Problem Solving	1. -Talk to your teammates. -Use eye contact. 2. -Voice your ideas. -Instruct your group when you have a good plan. 3. -Think of multiple strategies that may be used to effectively complete each activity. -Imagine different ways to utilize your resources.

Closure:
 So what did you all learn today about teamwork? What are some of the skills you had to use today to do each activity successfully. Which activity did you feel was the hardest? What made it so hard? What could you do in the future to accomplish it more effectively? Next week we will be doing trust activities. Do feel that you trust your teammates more after today's activities?