

PE 334 Sample Lesson Plan Using All Components

Name of Lesson: “21”

Appropriate Grades: 2nd-5th

Equipment Needed: Pedometers, Deck of Playing Cards, Stopwatch, Daniel Bagley Dollars, 4 Hula Hoops

Purpose/Objective of the Lesson:

1. **Fitness Component:**
 - a. Increase Cardio-Respiratory Endurance levels (5-8 minutes of Aerobic exercise). WA State PE Standard 1.1
2. **Academic Content:**
 - a. Reinforce basic addition and subtraction skills using numerals 1-11. WA State Math Standard 1.2
 - b. Further develop/ strengthen team building and cooperation among peers. WA State PE Standard 3.3
3. **Motor Skills:**
 - a. Running, skipping and galloping. WA State PE Standard 1.1

Plan/Procedure of the Lesson:

1. **(3 Minutes: Anticipatory set).** Teacher will start by quickly reviewing some basic addition problems with the class. Teacher will also talk about how important it is to be able to quickly find the sum of two numbers, and how students will use this skill (formal observational vs. concrete observational) for the rest of their lives. Today’s movement activity will help you to improve this skill.
2. **(3 Minutes)** Teacher will explain the objectives of the activity and students will be randomly selected to be one of the following: a banker (one person who hands out money upon receipt of cards totaling 21 points), a card dealer (4 people who hand out one playing card as each runner passes by), a runner (people who try to accumulate playing cards totaling a sum of 21 points by racing from dealer to dealer to collect or deposit a card).
3. **(5 Minutes)** Runners will start on “Go” signal, and they will have five minutes to collect as many dollars as possible by redeeming their playing cards (totaling 21) with the banker.
4. **(2 Minutes: Closing)** Upon completion of the five-minute activity, the team will tally up their total number of dollars earned during play. Teacher will then talk about possible modifications and a take home idea.

Possible Modifications of Lesson:

1. Increase/decrease distance between dealers
2. Change the way the students travel from one dealer to another (i.e. galloping)
3. Change dealers/banker every one-minute

Take Home Idea(s):

1. Have students go home and teach this game to a friend/family member
2. Make 20 basic addition and subtraction flash cards and test a friend. How quickly can they answer all 20?

Source:

1. PE workshop (West's Best) Feb 1, 2005

Diagram:

