



Physical Activity Lesson Plan- Circle the Wagon and Look Up, Look Down

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

Both of these games require students to follow directions and increase social interaction within the group. Circle the Wagon is a fun group game where students partner up and try to get a ball from the middle. Look Up, Look Down is a quiet game involving eye-contact.

Group Size: 30+

Location: Gym

Estimate Time for Lesson: 30 minutes

Estimated Time for Planning: 15 minutes

- Subject(s) Check all that apply:
 - Healthy Eating and Physical Activity (HEPA)

Other:

- Grade(s) Check all that apply:
 - Kindergarten
 - 1
 - 2
 - 3
 - 4
 - 5

Materials/Resources Needed:

10-20 "soft" foam balls (depends on size of group) dodgeball size balls work well

Lesson Objective #1:

To work successfully with a partner to complete task and remain in the game.

Lesson Objective #2:

To increase social interaction while doing physical activity.

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Tell students to look down. When you say "look up," they should look up. Whoever the coach makes eye contact with, tell that person that they would be out for making eye contact. The coach would also be out. Then begin with the rules for "Look Up, Look Down."

Instructions:

RULES: LOOK UP, LOOK DOWN

1. Get all students into a circle. If a large group, break into 2 or 3 smaller groups. Each group should start with at least 10-15 people, but

can have a lot more.

2. Instruct students, when the coach says "Look Down," they must all look down.
3. When the coach says "Look Up," all students will look up and look at someone within the circle.
4. If any two students make eye contact, they are both out. Students have to be honest about this.
5. If you look up at someone, and that person is looking elsewhere, then you are safe. Hold your stare at them until the teacher says, "Look Down."
6. Continue playing until you only have 2 left. They are both the winners. If you have multiple games going on, bring them all together when each group is down to about 4 left.

RULES: CIRCLE THE WAGON

1. Partner up.
2. Each group brings a ball to the middle (then take out 1, 2, or 3 balls).
3. Form a circle around the balls in the middle.
4. One partner will stand in front of the other.
5. The coach will call out "mount up", "dismount", and then "circle the wagon". "Mount up" the student standing behind will hop on the student's back that is standing in front of them. On "Dismount" the student on the back will hop down. These may be called several times, then the coach will call, "Circle the Wagon." On "Circle the Wagon", the player in the back will run 1 lap around the entire circle. The player who was in front will stand still and spread their legs. After the player in the back completes the 1 lap around the circle and returns to their partner, they will crawl through their partner's legs and try to get a ball from the middle.
6. If they get a ball, their team remains in the game. If they do not, their team will step out and watch until the entire round is over.
7. Make sure the circle is set, place the balls in the middle (and again take 2-3 balls out), let the partners switch spots, and then play again. Each time the coach can change the number of times they call "mount up" and "dismount."
8. Play continues until you have two teams left. The last 2 groups will get directly across from each other. They must run around the other team and back behind their partner and then crawl through the legs to try and get the ball first.
9. Whoever wins that round is the winner.

SAFETY:

1. Do not dive.
2. Do not touch anyone as you are running around the circle.
3. If students are not comfortable getting on the backs, have the front person just stand there. The back person should be in gallop position and gallop in place during "mount up". During "dismount" they can stand with their feet shoulder-width apart and knees bent.

Checking for Understanding:

Check for safety and watch to make sure students are following expectations and rules.

Lesson Adaptations

Time Adaptations:

Play multiple rounds if you need to use more time.

Location Adaptations:

Can be played in open spaces. Make sure for Circle the Wagon, they have a safe place to crawl.

Age Adaptations:

K-2: Do not let them attempt to get on each other's backs. Just have them do the gallop, squat movements as explained above. Make sure they CRAWL and DO NOT DIVE. Tell them that if they dive, they are automatically out.

Learning Style Adaptations

Describe any adaptations for Visual Learners, Auditory Learners, Kinesthetic Learners, Advanced Learners, Special Needs Learners, ESL Students, At-Risk Students: