



# Physical Activity Lesson Plan-Partner Run & Titanic Challenge

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

## Lesson Summary

### Lesson Description:

This lesson involves 2 activities. The first, Partner Run, is for exercise and fitness. The second, Titanic Challenge, helps to foster positive cooperation and communication among students and also strategy development.

**Group Size:** 20-30

**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:

Partner Run: 4 Cones

Titanic Challenge: 3 Hula Hoops per team, 2 cones per team

### Lesson Objective #1:

To foster positive cooperation and communication within teams.

### Lesson Objective #2:

To encourage strategy development and problem-solving.

### Lesson Objective #3:

To increase physical fitness.

## Lesson Procedure

### Introduction/Attention Grabber:

Welcome Students

Part 1: Explain Partner Run

Part 2: Explain to the students that they will all be aboard a sinking ship for the second activity, Titanic Challenge.

### **Instructions:**

1. Partner Run-Have students find 1 or 2 partners (depending on the total number of students.) Partner groups will spread out around the gym. One student will jog, skip, gallop, lunge, walk, dance, bear crawl, etc. around the 4 cones while the other partner waits. When they return to their partner, they will switch. Students will continue taking turns until the activity has ended. You can allow students freedom to choose how they move around the cones, or you can call out different skills that they all have to do. Some examples of those skills are above. I would allow them to do this throughout 2-3 songs.

2. Titanic Challenge-Discuss how cooperation is important to help group's achieve one's goal. Introduce/review positive behavior/communication skills (talk in a respectful voice, allow all to contribute, etc.) Explain to students that they will be aboard a sinking ship (behind the start line; use half of a volleyball court or similar area for the start and finish lines). They may only use life boats (hula hoops) to get to safety (the other line). The object is to get all of the people on your team off the boat and to safety as quickly as possible.

Students may only step in the hoops. Students may pick up hoops, but only if they are empty. Hula hoops cannot be rolled, dragged or tossed. Teams may take any number of passengers on the lifeboats, but if any passenger steps out of the hoop all passengers must return to the ship. Teams may step out of the lifeboat only when they have reached the finish line. They cannot throw the hoops back to the ship. (Teacher Clue: They will need to put one hoop in front of the other until they reach the finish line, but do not tell them this unless they absolutely cannot figure it out.)

Divide students into groups of 5-6. Give each group 1-2 minutes to brainstorm ideas on how to solve their dilemma; each member must offer a suggestion before they decide on a course of action. Allow teams to work for about 5-7 minutes. If they are doing well, you can allow them to continue. If some groups are struggling, gather the groups together and discuss what they have done, what has worked, etc. Allow students to begin again, using ideas they may have gathered. At the end of the activity, discuss what types of behaviors were helpful in completing the challenge.

### **Checking for Understanding:**

Observe each group to see if they are using positive, cooperative behaviors to solve the problem. Observe that students use correct fitness skills, follow instructions, and remain safe.

## **Lesson Adaptations**

### **Time Adaptations:**

1-Partner Run: You can control the number of songs and how long you want them to do this activity.

2-Titanic Challenge: You could stop them before all groups have completed the task. Make sure to save a few minutes at the end for discussion about the activity...positives and negatives. If they finish quickly, change the number of hoops they are given and have them complete the task again. Make some hoops "icebergs" that cannot be moved.

### **Location Adaptations:**

This can be done inside or outside, you just need 4 cones set-up for them to move around. If outside, check for safety issues. You may need to only allow certain movements depending on the environment. (Ex: No bear crawl if there are a lot of rocks on the ground.) The titanic game could also be done in any location.

### **Age Adaptations:**

Partner Run: All ages can do this. K-1: call out the movements for them; have them rock, paper, scissors to see who goes first (#1). Call out 1's and tell them to skip. When they have all returned to their partner, call out "2's skip". The younger ones will do better with more structure. 2-5: Allow them to choose each time.

Titanic Challenge:

For younger students, you may want to give them more hoops and guide their thought process if they are struggling.

For older students, if they are successful, you can take away a hoop to make it more difficult. You could also put more students in each group, just make sure to adjust the number of hoops they start with. You can add or remove hoops to encourage different strategy ideas. Also, you can make certain color hoops "icebergs" that cannot be moved.

## **Learning Style Adaptations**

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

Partner Run: If you allow them to choose, each child can perform the skills that are comfortable for them.

Titanic Challenge: Students with wheelchairs can use a stick. They will participate by placing the tip of the stick inside the hoop.