



Physical Activity Lesson Plan-Leaning Tower

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

Leaning Tower is a game that works on problem-solving skills and teamwork. It also has fitness elements that will be performed during the activity.

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:

1 cone per group of 314 students (low-profile or regular will work)

1 foam ball per group of 314 students

36+ bean bags

Lesson Objective #1:

I will cooperate with my teammates to build a tower.

Lesson Objective #2:

I will stay actively engaged during all activities.

Lesson Objective #3:

I will share equipment and space and work cooperatively.

Lesson Procedure

Introduction/Attention Grabber:

Build a tower as tall as you can. Once it falls, start explaining the game

Instructions:

SET-UP:

1. Space low-profile cones in a line along 1 side of the activity area.
2. Scatter foam balls and bean bags on the opposite side of the play area.

3. Create groups of 3-4 students; 1 group at each cone.

RULES:

1. The object of this cooperative game is for each team to create a tower on top of your cone using a foam ball and at least 3 bean bags.
2. On the start signal, everyone on your team will move together to pick up a foam ball. Each player must be touching the ball as you travel back to place the ball on the cone.
3. In the same way, your team will then travel to pick up one bean bag, and then return to place the bean bag on top of the foam ball. Continue until your tower is built 3 or more bean bags high.
4. If your tower falls at any time, you must return all materials back to the opposite sideline and start over with a foam ball.

Checking for Understanding:

Observe to ensure students are working together and following directions.

Lesson Adaptations

Time Adaptations:

If you need to use up more time-Play several rounds, adding equipment that must be added to the tower; change the number of beanbags needed. Add other equipment you have that could be used in a build.

Location Adaptations:

This can be played on any flat surface.

Age Adaptations:

K-2: Make the challenge easier by using only bean bags (no foam ball).

3rd-5th: Challenge students to use 1 finger or an elbow to pick up and transport objects. Add a fitness activity if a team's tower falls (i.e., the team must do 10 jumping jacks before rebuilding).

Learning Style Adaptations

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