



Physical Activity Lesson Plan-Star Wars Tag

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This is a chasing and fleeing activity with very little equipment needed. Star Wars is a popular theme that students love.

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:

Pinnies (white, black, green, if possible)

Hula Hoops (yellow, red, green) *can use foam balls in place of the hoops

Noodles (half piece)

Lesson Objective #1:

Applies basic offensive strategies during this chasing and fleeing activity.

Lesson Objective #2:

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Two coaches use pool noodles as light sabers and play the star wars theme music. Pretend to have a light saber battle.

Instructions:

Round 1: The Rebels

1. Students get into a scattered formation in the playing area.
2. All students are Rebels. They explore the star system by running around avoiding contact with each other.

Round 2: Stormtroopers

The Empire has heard about this Rebel activity, so they decided to send in some Stormtroopers.

1. Make 2-3 students Stormtroopers (white pinnies or whatever color you use for them) Give them each a pinnie and a yellow hoop (blasters).

2. Stormtroopers attempt to tag Rebels by kicking their blaster (hula hoop) so that it slides on the ground and makes contact with a Rebel's feet.
3. If a Rebel is tagged, they become frozen in place.

Round 3: Rebel Leaders

After getting word that the Rebel fleet is under attack, the Rebel Alliance sends in two of their greatest leaders: Luke Skywalker and Princess Leia.

1. Select two students to be Luke and Leia. Give each of them a Lightsaber (noodle).
2. Luke and Leia attempt to free frozen Rebels by tapping them with their Lightsabers. They have to be careful, though, to not get frozen themselves.

Round 4: Darth Vader

Now that Luke and Leia are involved, the Empire sends in their most feared leader, Darth Vader.

1. Pick 1 student to be Darth Vader. Darth Vader wears a black pinnie (if possible) and uses a red Blaster (hula hoop).
2. Just like the Stormtroopers, Darth Vader attempts to tag Rebels with his Blaster. However, if a Rebel is tagged with Vader's red Blaster, they must get a white pinnie and yellow blaster and rejoin the game as a Stormtrooper. Therefore, there will be more and more Stormtroopers in the game.
3. If Luke or Leia are tagged by Vader, they must drop their Lightsaber and rejoin the game as a Stormtrooper. Any Rebel may take on the Luke or Leia role by picking up the dropped Lightsaber.

Round 5: Return of the Jedi

Having felt a great disturbance in the Force, Master Yoda decides to join the battle.

1. Pick 1 student to be Yoda. (green pinnie and green blaster)
2. Yoda does the same thing as Darth Vader, except that he targets Stormtroopers. If a Stormtrooper is tagged by Yoda's blaster, that Stormtrooper must put away their uniform and Blaster and rejoin the game as a Rebel.

Being masters of the Force, Yoda and Vader cannot be tagged by blasters.

*Each round should be played for awhile, until another round is started. Make sure students understand the round they are on before moving on to the next round.

SAFETY:

1. Never tag on the head, face, chest. Tag on shoulders or back, or legs with the noodle.
2. If the hoops seem to hard for your group, change the hoop blasters out for foam balls of the same color. Younger students can tag people with the balls. Older students can tag players or roll the ball into players feet.
3. Start with walking during the game, if they remain under control you can let them jog, skip, gallop, and run.

Checking for Understanding:

Make sure students understand each round before moving on to another round. Once they understand that round, it will be easier to understand the activities in the next round.

These rounds build on each other, players will continue doing everything from the previous rounds plus add the new piece from the new round.

Lesson Adaptations

Time Adaptations:

Play less rounds. Split this game into 2 days if needed.

Coach controls the amount of time for each round.

Location Adaptations:

This game can be played in any open space.

Age Adaptations:

K-1: Give them more time to play each round. If they have trouble sliding the hoops, they can use foam balls in those colors, and just tag people with the ball on the shoulder or back.

Learning Style Adaptations

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

Demonstrate game play to help all students understand.