



## Physical Activity Lesson Plan-Noodle Pass

By IAN on 01/07/2020

Organization: Indiana Afterschool Network

### Lesson Summary

#### Lesson Description:

This lesson will begin with a fitness workout (Four Corners) introducing basic concepts of fitness and movement to improve individual strength and performance. It also includes a team-building activity (Noodle Pass) to encourage cooperation and communication skills to achieve common goals.

**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:

Fitness Workout Sheets for each corner

Cones for Relay Lines and 4 Corners

1-2 Noodles per group

#### Lesson Objective #1:

Apply basic concepts of movement to improve individual performance.

#### Lesson Objective #2:

To use cooperation and communication skills to achieve common goals.

#### Lesson Objective #3:

Increase cardiorespiratory endurance, muscular strength, flexibility and muscular endurance.

## Lesson Procedure

### Introduction/Attention Grabber:

Do a few fitness moves (being silly) to get their attention.

### Instructions:

#### 4 Corners Workout

1. Set-up cones in the 4 corners of the gym or in any open space. Place a 4 Corners Workout Sheet at each corner.
2. The object is to warm up the large muscle groups, while using a variety of locomotor skills.
3. Students will move clockwise around the perimeter.
4. When you reach the first corner, read the Workout Sheet and do the #1 skill from that corner until you reach the next corner. Do the #1 activity at all 4 corners. When you get back to the corner you started out, now do the #2 activity. Each time you reach a new corner, start a new movement. If you finish all of them before the stop signal, begin again at #1. Do this for 5-7 minutes.

\*\*Reminders: Stay on skill #1 for all 4 corners, then change to skill #2 for the next round.

Work on quality, not speed.

#### Noodle Pass Relay

1. Place students into groups of 5-7.
2. One at a time, students will run down to the cone with the noodle being held in different ways. They must go around the cone and return to their line where they will trade the noodle off to the next person on their team. After all students in that line go one time, they need to sit down behind their cone. If teams are uneven, make sure lines with less have a student that goes an extra time.
3. Each round students will move with the noodle in a different way. (Ex. Both hands holding noodle, tossing noodle from one hand to the other while doing a locomotor skill, noodle between elbows, noodle between knees, noodle between ankles, balancing noodle on head.) You can also do these while changing locomotor skills. Even with the between the knees and ankle ones, students could do one round walking, one round jumping, best dance move while keeping it between your knees/ankles, one round doing half turn jumps.

### Checking for Understanding:

4 Corners-Observe students form and technique as they perform the various movements.

Noodle Pass-Make sure students are understanding procedures for relay races. Remind students of the proper noodle hold or locomotor skill if they are not doing the correct one.

## Lesson Adaptations

### Time Adaptations:

4 Corners-If you need to use more time, you could do a cardio round and muscular round. (10-15 minutes)

Noodle Pass-There are a lot of examples. Do more or less based on how much time you have.

### Location Adaptations:

4 Corners-Can be done in any open space. If you only have a small space, do muscular strength activities instead of the cardio

movement.

Noodle Pass-Any open space should work for this activity. Just make sure to mark where the team line is and the cone or marker they have to run around during the relays.

### **Age Adaptations:**

4 Corners-All students should be able to do this activity. 2-5 you could set a goal for the number of laps they should try to get before the activity ends. For K-1: Simplify and pick 4 exercises. Teach those 4 exercises to everyone and then stagger them so they will do each of the 4 exercises every round. (Example-1st Corner: 1-Push-ups 2-Sit-ups 3-Plank 4-Squats 2nd Corner: 1-Sit-ups 2-Plank 3-Squats 4-Push-ups etc.)

Noodle Pass- I would keep it a little simpler for the younger students (K-1). They may need to mainly walk and jog while carrying the noodle in the different ways.

## **Learning Style Adaptations**

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

4 Corners-Demonstrate each fitness exercise. Give students about 30 seconds to read the fitness cards to make sure they understand the movements.

Noodle Pass-Demonstrate what a relay looks like. Also demonstrate the noodle hold for each round.