



Physical Activity Lesson Plan-Slide Tag

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

Students will play a tag game that has multiple rounds. The rounds are used to build on student understanding so they can successfully play the game.

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 for one team

Cones to mark boundaries and lines within game

20-40 beanbags or any object students could grab as points (Pool noodles are another good item to use for points. Cut them into small round pieces. It is cheap and can be used in many games.)

Lesson Objective #1:

Creating space in the game and working on zone penetration.

Lesson Objective #2:

Working with teammates to get the entire team to the other side of the playing area.

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Ask students if they have ever played fooseball. Explain how the players in fooseball move side-to-side. That is how the defense has to move in this game.

Instructions:

Round 1:

Both teams line up on the start line. On the teacher's signal, teams must run to the opposite end line and then return to their starting spot by running back outside the playing area. (This serves as a warm-up and to make sure they understand proper procedure for this game.)

Round 2:

One team (the offensive team) remains at the start line. The other team's players (the defensive team) place themselves on the different marked lines in the playing area. (Use cones to mark these lines.) The offensive team must attempt to cross each of the marked lines and get to the end line without being tagged. The defensive players, who must keep both feet on the marked line they are standing on, attempts to tag offensive players as they pass. The defensive player can only tag players in front of them, not once they have passed them. If an offensive player is tagged, they must exit the game via the sideline and return to the start.

Round 3:

In this round, the teacher adds beanbags at the end line which the offensive players must attempt to collect. The teacher can create challenges for the offensive team (e.g. ICollect 10 beanbags in 3 minutes)

Round 4:

In this round, the defensive players may pivot while keeping one foot on the marked line. Therefore, they may tag offensive players standing in front or behind them.

RULES:

1. Divide the class into 2 teams. Choose one team and have them make four rows of lines' one in front of the other each about 10 feet away from the other. Each line should have 2-3 players on it. (This will look similar to fooseball, because the players on the lines have to move side-to-side.)
2. Have the rest of the class line up on the end line facing the 4 lines and their objective is to get from their end to the other end without being touched by the defenders.
3. The defenders can only slide along their line and can reach out to tag other players without coming off their line. 4. Once a player passes them safely they can no longer tag that player.
5. If a player is able to move his way through the 4 lines and reaches the other end, they have to pick up a bean bag (only one) and go around the outside of the court, marked by cones, and place the bean bag in a pile behind their teams start line.
6. The player can now try again to get to the other side and retrieve another beanbag.
7. If a player is tagged by a defender, they must exit the court on the left or the right and go back to the start. 8. Change the defenders every five minutes.

Checking for Understanding:

Observe game play and make sure students are understanding each round before moving on to the next.

Lesson Adaptations

Time Adaptations:

Combine rounds 1 and 2.

Play for a short amount of time with rounds 1-2, spend the most time on the actual game in rounds 3 and 4.

Location Adaptations:

This game can be played in a gym or outside. Make sure to have cones/poly spots for the boundaries and to mark the lines within the game.

Age Adaptations:

K-1: Spend more time on rounds 1 and 2, before moving on in the game.

Learning Style Adaptations

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