



Physical Activity Lesson Plan- Steal the Bacon and Circle Partner Tag

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This lesson has 2 activities: Steal the Bacon and Circle Partner Tag. Steal the Bacon has two teams, players will try to score 1 at a time. Circle Partner Tag is a fun and active tag game that requires you to pay attention and react quickly.

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:

Steal the Bacon:

2 hula hoops

Rubber chicken or some other silly piece of equipment

Circle Tag:

No Equipment

Lesson Objective #1:

To improve chasing and fleeing skills and reaction time.

Lesson Objective #2:

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

How many of you like bacon? We are going to play a game called Steal the Bacon-With a Twist!

Instructions:

SET-UP: STEAL THE BACON-WITH A TWIST

1. Split students into 2 even teams. Each team will sit on one of the endlines of the volleyball court.
2. Number each player on each team. (Ex. Side A will be numbered 1-12, Side B will also be numbered 1-12)
3. Place a hoop on each side, both about 10 feet from the center line.
4. Place the toy chicken on the center line.

RULES:

1. When the teacher calls out #3, the #3's from both sides stand up, run to their team's hoop, lift the hoop and go through it, and then run grab the chicken.
2. Whoever gets to the chicken first, wins that round. Students should reset the chicken and the hoops and return to their line.
3. Continue play until all have gone once or twice.

*Students should go completely through the hoop and drop it to the ground, before going for the chicken.

ROUND 2:

This round, the student that picks the chicken up first, will turn and run back to their team's endline. The other player, who didn't get the chicken, will chase the player who has the chicken. If the chaser tags the player with the chicken before they get to the endline, then that chaser gets the point.

SET-UP AND RULES: Circle Partner Tag

1. Groups stand in a circle, everyone will link elbows with a partner. There should be space between each set of partners. Groups can be any size, but if there are too many they stand around too much. Break into several smaller circles for more exercise.
2. Pick one set of partners, one person will become the tagger and one will be it. "It" can run inside and outside of the circle and link up to one of the partners in order to be safe. "It" is trying to get away from the tagger. "It" is safe once they have connected to another players arm/elbow.
3. Once linked up, the person on the far end of the link must leave and is the new "it".. If they get tagged, they become the new tagger, immediately going after the person that tagged them.

Ex. A and B are partners, arms linked at elbows. C attaches to A's other elbow, now B is the new "it."

*You can also play this game laying on their stomachs. Make sure there is plenty of space between the pairs. Players have to run around the pairs and cannot jump over them. This works best outside (if playing this version) in the grass and only with the 4th and 5th graders.

**Sometimes certain students get stuck as the tagger, if this happens, just call a switch and the "it" is now the tagger and the tagger is now "it" and is running for safety.

Checking for Understanding:

Observe to make sure they are following the rules and playing correctly.

Lesson Adaptations

Time Adaptations:

SB-Play only 1 round of each if you need to cut some time off the lesson. To add time, play multiple rounds of each.

Location Adaptations:

Both games can be played inside or outside in any open space.

Age Adaptations:

K-1: If they have a hard time reacting, do not have this age do Round 2. Some 1st graders will be able to do it, though.

Learning Style Adaptations

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