



1,2,3, Dragon

By IAN Staff on 02/25/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

Child will learn group movement forms and learn and play a traditional game from China.

Group Size: 10-20

Location: Gym

Estimate Time for Lesson: 15 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:

None.

Lesson Objective #1:

Child will learn group movement forms and learn and play a traditional game from China.

Lesson Objective #2:

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Today we are going to learn a fun game that is from China.

Instructions:

1. Have players form a line. Ask each player to put his hands on the shoulders of the player in front of him. The first person in the line is the dragon's head; the last person in the line is the dragon's tail.
2. To start the game the tail shouts, **1 2 3 Dragon!** With the head leading and everyone else holding on, the dragon starts to run - twisting and turning trying to catch its tail. As the dragon runs after its tail it must be careful not to let the body break.
3. If the body breaks the dragon dies. The head moves to the end of the line and becomes the tail. The person next in line becomes the new head.
4. Points are scored each time the head tags the tail. The player with the most points wins.

Checking for Understanding:

Check for Understanding: What country does this game come from?

Lesson Adaptations

Time Adaptations:

The game can be adapted for longer or shorter time.

Location Adaptations:

This game can also be played on the playground.

Age Adaptations:

For older students add obstacles to work around such as chairs.

Learning Style Adaptations

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