



Physical Activity Lesson Plan-Evaporation

By IAN on 01/07/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This activity has a science connection. While teaching, you can explain the definition and process of evaporation. Students will work within small groups to retrieve as many hoops as possible. This is a fun game that will last a while.

Group Size: 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:

20-30 hula hoops (the more students you have, the more hoops you would want) Put tape on a few hoops

Cones for the start of each line

Balls that are easy to hold and roll (ex. dodgeballs)

Lesson Objective #1:

Use correct form when throwing/rolling a ball. (Opposite arm and leg)

Lesson Objective #2:

Use equipment to illustrate multiple movement concepts.

Lesson Objective #3:

Use safe practices when engaging in physical activity.

Lesson Procedure

Introduction/Attention Grabber:

Ask students if they have heard of the term evaporation? Explain evaporation to them. (A liquid changes into a gas or vapor. Sweat drying from your body is a great example.)

Instructions:

Evaporation

1. Place hula hoops all over one side of the gym on the floor; the side opposite where the teams are standing.
2. Put students in groups of 2-3, each group will stand at a cone.
3. Give each pair/group a "soft" ball.
4. On go, one person from each group will roll their ball and try to land it in a hoop. If it stops in the hoop, the player will run grab their ball and the hoop that it is in, take the hoop back and place it around their cone. (Evaporation: the hoop is like a puddle of water, the ball like the sun helping dry it up and turn it into gas, and then the hoop going back to the teams line is it "evaporating").
5. Each hoop is worth one point, unless it has tape on it, then it is worth 2 points.
6. After each roll, the partners or team will switch. Everyone should get a turn to roll before anyone on that team goes a second time.
7. Continue the game until there are no hoops left.

Key Reminders:

- Do not kick the ball.
- Do not cheat and pick the ball up before it has fully stopped in a hoop.
- Carry your hoop by your side back to your line. Do not swing it around.
- If two teams balls rolled in at the exact same time, Rock-Paper-Scissors to see who gets it.
- If two balls land in the same hoop, but one clearly got there first, then that team gets the hoop.

Checking for Understanding:

Observe if teams are taking turns, using correct form when rolling the ball, and following all directions.

Lesson Adaptations

Time Adaptations:

You can keep adding hoops if you need the game to go longer.

If you need to stop the game, you can just stop it even if there are hoops still on the ground.

Location Adaptations:

If you had to play in an open space without walls, you could put a partner on each side. When one side rolls, the partner on the opposite side has to get the ball and roll it back. Both sides could win hoops.

Equipment Adaptations: If you do not have enough hoops, you can use jump ropes formed into a circle or small cones. When you knock over a cone, you take the cone back.

Age Adaptations:

2-5: You could change the number of points they receive for different hoops. Make the math level a little greater. Also, for the older ones, you can add in throwing. One partner can stand in the hoop while the other partner has to throw the ball to them. If they catch it while standing in the hoop, then they get to take the hoop. If they miss, they just get the ball and go back to their team and switch throwers and catchers.

Learning Style Adaptations

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

Demonstrate and explain proper rolling technique and demonstrate a sample of the game.