



## Physical Activity Lesson Plan-Giants, Elves, Wizards

By IAN on 01/07/2020

Organization: Indiana Afterschool Network

### Lesson Summary

#### Lesson Description:

Warm-up is Noodle Dance Tag and then transition into a Chasing and Fleeing game: Giants, Elves, Wizards.

**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:

3-6 Pool Noodles (cut in half)

Music

Cones or Lines on the floor

Pennies for each team (optional)

#### Lesson Objective #1:

Chasing and Fleeing Game that will work on reaction time and speed.

#### Lesson Objective #2:

Exercise through various locomotor skills.

#### Lesson Objective #3:

Encourage positive social/emotional learning during activities.

### Lesson Procedure

#### Introduction/Attention Grabber:

Ask students what their favorite dance is. Allow students to demonstrate as they explain. Show them your favorite dance move.

#### Instructions:

## 1. Noodle Dance Tag

Students will move around the room using a variety of locomotor skills (ex. skipping, hopping, galloping, walking, running.) Pick 2-5 students to be taggers (depending on the size of the group.) Each tagger will be given a noodle. Taggers must move around the room using the same locomotor skill as the other players. If tagged, the student will stop in the spot they were tagged and begin doing the assigned dance (ex. Floss, Whip/Nae Nae, Chicken Dance, Gangnam Style, Hit the Woah, etc) Once tagged, the student will dance until the round is over. When most students have been tagged and are dancing, the teacher can yell freeze and call out a different locomotor skill and dance move. Continue playing as many rounds as needed.

## 2. Giants, Elves, Wizards

Round 1-The teacher will introduce the students to each position (Giants, Elves, & Wizards).Giants=Stand as tall as possible on toes, reaching arms to the sky, Elves=get as small as possible while staying on your feet, squatting toward the ground, Wizards=lean back and stick arms out like casting a spell. Once the students know how to perform the three positions, the teacher invites the class to get into a scattered formation.

The teacher will then play music. Students move safely around the playing area. When the teacher stops the music, they will then shout out either **IGiants!**, **IElves!**, or **!Wizards!**. Whichever position the teacher shouts out, the students need to quickly **!show!** that position (i.e. get into that position).

Round 2: The teacher marks end zones at each end of the playing area.

From there, the teacher explains the order of the game (like rock, paper, scissors): Giants beat Elves, Elves beat Wizards, and Wizards beat Giants.

Each team stands in their own end zone and has 10 seconds to secretly decide if, as a team, they are going to be Giants, Elves, or Wizards for that round.

Once time is up, each team forms a line facing the other team at the center line of the playing area (there should be 3-4 steps in between each team).

On the teacher's signal, each team **!shows!** their position for that round (i.e. Giants, Elves, or Wizards).

The team that wins gets a point and then the teams go back to their end zones.

Play continues until one team wins three points.

Round 3: Play continues just as in the previous round.

However, now the team who loses the battle has to run back to their end zone as quickly as possible.

The team who wins the battle has to chase the other team and attempt to tag the fleeing players before those fleeing players make it back to the end zone.

Any fleeing player who is tagged joins the opposing team.

Play continues until one team successfully adds all of the players from the other team to their roster.

### SAFETY:

Activity 1-Noodles are always held toward the ground. Taggers tag easily on the leg. Do not swing the noodle around. Do not hit anyone from the chest up.

Activity 2-When tagging, make sure they use 2-3 fingers on the back or shoulder area. This way they do not shove anyone down.

### Checking for Understanding:

Observe students during both activities.

In Giants,Elves, Wizards-Round 1 will help you check to make sure students understand the positions, and Round 2 will help you check to see if students remember the order of what defeats what before the game gets more competitive.

## Lesson Adaptations

### Time Adaptations:

1-Add more rounds with different locomotor skills. Also change the pace of different locomotor skills (ex. fast, slow-motion, etc.) You can also have an unfrozen student go to a frozen student and copy their dance for 5 seconds, then the frozen student would be free to play again.

2-Shorten or lengthen the number of wins in Round 2.

### **Location Adaptations:**

Both activities can be played in any open space. If not in a gym, you will need cones for the endzones in the second game.

### **Age Adaptations:**

K-5 will be able to do both activities.

GEW Activity- K-1: In Rounds 2 and 3 they may need a little help recognizing which position beats the other. You could also make them wait until the teacher counts to 2 or 3 before the students can chase the losing team.

## **Learning Style Adaptations**

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

Visual-Make a poster with a picture of the positions and which ones win against the other.

Kinesthetic-Have students copy the positions as the teacher demonstrates them.