

Playground GamePlay with David

Instructions:

Check out this sample lesson plan and activity ideas for inspiration, ideas, and more. Feel free to edit, delete, or highlight to make it your own! These notes are yours to customize. They will not be published anywhere such that you're held to teaching exactly what's here.

Topics

Fun, games, fitness, teamwork, PE

Lesson Ideas

Lesson Title

Playground GamePlay

Duration

1 Hour

Lesson Plan

- Introduction & Warm-Up (10 minutes)
 - Briefly discuss the importance of fitness, teamwork, and playing games.
 - Lead a quick warm-up that includes stretching and light jogging in place.
- Game 1: Relay Races (15 minutes)
 - Divide students into teams and set up a simple relay race.
 - Encourage teams to cheer for each member to promote teamwork.
- Game 2: Capture the Flag (15 minutes)
 - Explain the rules and divide students into two teams.

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- Focus on strategy and teamwork during the game.
- Encourage students to communicate effectively with team members.
- Cool Down & Discussion (10 minutes)
 - Guide students through a few cool-down stretches.
 - Facilitate a discussion about how teamwork and communication helped during the games.
- Reflection & Closing (10 minutes)
 - Ask students to share their favorite part of the games.
 - Discuss the benefits of physical activity and playing outside.
 - End with a positive note and thank students for their participation.

Materials List

- Cone markers (for relay races)
- Flags or bandanas (for capture the flag)
- Whistle (to signal game starts and stops)
- Stopwatch or timer (to keep track of time for activities)

Adaptations for Different Ages

- Younger Children (5–7 years): Simplify the games by reducing the complexity of rules and use more visual aids when explaining the games.
- Older Children (8–12 years): Introduce extra challenges, such as longer relay tracks or additional team roles in Capture the Flag.

Movement Break

- Midway through the lesson, lead a short, energetic movement break such as a quick dance-off or jumping jacks to keep energy levels high.

Bonus Activities

- Introduce a short game of "Simon Says" or "Freeze Dance" as a fun, engaging way to develop listening skills and enhance movement coordination.
- Host a mini discussion circle where children take turns sharing their favorite outdoor games and why they enjoy them.

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Series Outline

1. **Week 1: Introduction to Playground Games**

- Discuss the history and importance of playground games.
- Organize a round-robin "Show and Tell" where kids share their favorite game.
- Create a collaborative poster with illustrations and rules of favorite games.

2. **Week 2: Classic Playground Games**

- Teach and play traditional games like tag, hopscotch, and four square.
- Assign groups to research and present the origin of their assigned game.
- Design a mini-tournament and track scores over the week.

3. **Week 3: Fun with Fitness**

- Introduce games that involve fitness, like jump rope, relay races, and obstacle courses.
- Set up stations focusing on different physical skills (balance, agility, coordination).
- Encourage kids to record their personal bests and set fitness goals.

4. **Week 4: Teamwork and Collaboration**

- Facilitate team-building activities such as tug-of-war and capture the flag.
- Discuss the role of teamwork and strategy in various games.
- Reflect on teamwork experiences and share what worked well or could improve.

5. **Week 5: Creative Game Design**

- Guide kids in designing their own playground game, considering rules and materials.
- Form groups to develop and test their games with peers.
- Hold a "Game Expo" where each group presents and allows others to play their game.

6. **Week 6: PE Activities to Try Anywhere**

- Teach versatile PE activities like mini-sports (e.g., soccer, basketball drills).
- Introduce basic yoga poses or rhythm-based activities like dance or clapping games.
- Develop a personal playbook with students' favorite exercises and games.

7. **Week 7: Multi-Cultural Playground Games**

- Explore games from different cultures around the world.
- Have students research a game from another country to teach their peers.
- Create a global map highlighting the origins of different games learned.

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8. **Week 8: Problem-Solving with Games**

- Introduce puzzle-based games and activities that require critical thinking.
- Conduct a scavenger hunt that involves solving riddles.
- Discuss strategies for solving problems and working through challenges in games.

9. **Week 9: Outdoor Adventures**

- Plan a day of nature-based activities or games like nature scavenger hunts or orienteering.
- Integrate outdoor education lessons such as identifying plants or animals during game play.
- Reflect on the importance of nature and physical activity in overall well-being.

10. **Week 10: Culmination and Celebration**

- Organize a "Playground Olympics" where students can showcase all games learned.
- Share and celebrate individual and team achievements throughout the course.
- Gather feedback on favorite activities and suggestions for future playground play.

For additional support, reference this [experience outline template](#) which includes tips and prompts to help you develop and lead an excellent Grasshopper Kids experience.

Note: This lesson plan outline was drafted by Hopper. If you would like to see different results, you can [submit another idea](#), or text us with feedback so we can work to make the algorithm better. We built this tool to help save you time in bringing more kids enrichment experience ideas to life!

