

“Teaching Games For Understanding” Lesson

5313 H&PE P/J

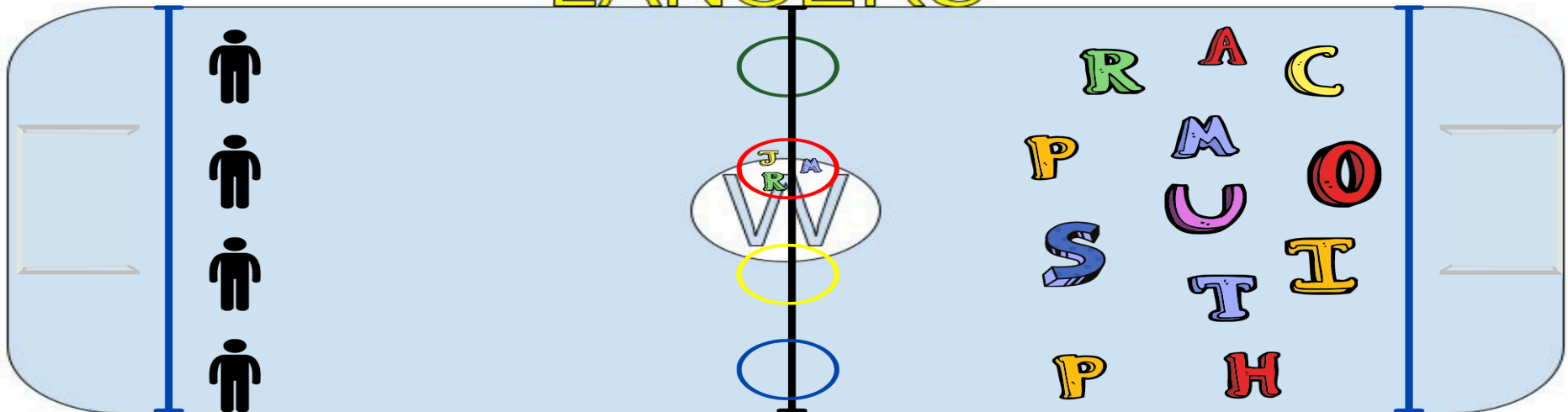
Fitness Component & Game Skill: Fitness Component: Coordination Game Skill: Throwing	Title: Hippopotamus toss <hr/> Teachers: Amanda Buchenauer, Sidney Toole and Ramona Naraine	Grade Level & Game Category: Grade 4 Target Games
Game Objective / Summary of Activity. (5-6 sentences) The objective is to consistently throw bean bags and hit the intended targets in order to earn letters to be able to spell the word Hippopotamus. Every time a student hits their intended target they earn a letter for their team. The goal is to have all the letters that spell Hippopotamus. The first team to spell Hippopotamus wins.		
Suggested Warm-up : their will be running and throwing in this game so it is essential to properly stretch Countdown warm up! 10- Jumping jacks 9- Walking knee hugs (alternate legs) 8- Arm circles - 4 forward 4 backwards 7- Side shuffles 6- backpedaling 5- lunges 4- Pass a bean bag back and forth (with partner) 3- leg swings (both legs) 2- inchworms 1- Neck role		

<p>Curriculum Expectations: (Ex. - B1.2)</p> <ul style="list-style-type: none"> - B1.1 actively participate in a wide variety of program activities (e.g., lead-up and small-group games, <i>recreational activities</i>, cooperative games, fitness activities, dance activities), according to their capabilities, while applying behaviours that enhance their readiness and ability to take part (e.g., taking the initiative to be involved in the activity, being open to playing different positions and playing in different groups, respecting others' ideas and opinions, encouraging others, speaking kindly, maintaining self-control at all times) - C1.4 send and <i>receive</i> objects of a variety of shapes and sizes at different levels and speeds, using different body parts and equipment, while applying basic principles of movement (e.g., balance on the balls of their feet to be ready to move when <i>receiving</i>; step forward with the opposite foot and use the whole body when throwing a ball to achieve maximum force; use a scoop to explore different ways of catching a ball or beanbag; perform underhand and overhand throws with their <i>dominant and non-dominant hands</i> while keeping their eyes on the target; kick or trap a ball at various heights while remaining aware of their surroundings; move their feet and transfer their weight backwards to absorb force when receiving; move arms or legs faster to send with more force; toss and catch scarves in front of their bodies, following a simple pattern, when learning to juggle) [<i>A1.3 Motivation, 1.5 Self</i>] - C2.1 demonstrate an understanding of the basic components of physical activities (e.g., movement skills, game structures, basic rules and guidelines, conventions of <i>fair play</i> and 	<p>What to look for: (key skills for assessment)</p> <ul style="list-style-type: none"> - If students are able to actively communicate using one or more forms of communication (speaking, physical movement, gesturing, hand symbols, etc) - If students are participating and cooperating with their teammates and opponents. - Students ability to throw bean bags into the target area. - If students are able to spell the required word with no/minimal help - If students step forward with the opposite foot and use the whole body when throwing - If students perform underhand throws while keeping an eye on the target 	<p>Instructions:</p> <ol style="list-style-type: none"> 1. <i>Ensure that students are warmed up and that they are comfortable with underhand and overhand throwing.</i> 2. <i>Place the 4 hula hoops on the centerline in the gym (spread them out evenly one per team).</i> 3. <i>Place the letter cards spelling Hippopotamus on the other side of the gym spread out.</i> 4. <i>Have students divide into 4 groups, each group will be given a different coloured pinny.</i> 5. <i>Each group will be given bean bags</i> 6. <i>Have students stand on the left side of the gym behind the blue line-- this will be their throwing line.</i>
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<p><i>etiquette), and apply this understanding as they participate in a variety of physical activities (e.g., lead-up games such as two-on-two soccer, beach-ball volleyball, and small-group keep-away; recreational activities such as scooter-board activities, hula hoop challenges, and throwing and catching a disc; cooperative games, such as keep-it-up, team monster walk, and group juggling; fitness activities such as circuits, running, and flexibility exercises; dance activities such as creative movement, folk dance, and First Nations, Métis, and Inuit dances) [A1.1 Emotions, 1.4 Relationships, 1.6 Thinking]</i></p>		
<p>Equipment:</p> <ul style="list-style-type: none"> - Bean Bags - Hula Hoops - Assorted Foam Letters - Pinnies (4 different colours) 	<p>Modifications / Differentiation: <i>(to increase or decrease complexity)</i></p> <ul style="list-style-type: none"> - To increase complexity, we will have students pick up the letter while balancing on one foot. They will be required to bring the letter back while hopping on one foot to show that they can keep their balance and maneuver back to their group using a different movement skill. - For students who are unable to walk/run, they will use their required method of mobility to achieve learning goals (if they use a wheelchair, they can wheel over to the destination and back to their teammates) - More letters can be added to the floor and spaced out more to increase visual 	

	difficulty when students reach this level of the game	
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Teaching Notes for Instruction: You will include easy to follow directions with your diagram of how players will set up and/or play your game.

7. *From the throwing line one at a time each student in the group will throw their bean bags and try to have it land in the hula hoop*
8. *If the student gets their bean bag in the hula hoop they must run to the hoop collecting their bean bag and then one of the letter cards.*
9. *They will run back to their team and the next person can then throw their bean bag.*
10. *The team who spells Hippopotamus wins and the game is over.*

Note: only one teammate can throw at a time and only one bean bag can be thrown at a time per team.