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| **Subject:** | Physical Education |
| **Title:** | P.E. - Going For Gold |
| **Grade Level:** | 5 |
| **Purpose:** | * Interact positively with others in a small area game situation
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| **Curricular****Connections:** | * Demonstrate etiquette and fair play
* Identify and follow rules, routines and procedures for safety in a variety of activities.
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| **Materials:** | * Mats
* Mini floor hockey sticks
* Mini sticks
* Pylons
* Balls (the softer the better)
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| **Activity:** | 1. The teacher decides on how to make teams of 3.
* Number kids 1-6, then decide which numbers will make up the teams
* Use birthdays – i.e. all students born in December
1. Each team needs 4 mats placed together.
2. Warm up - On their mats have the students do 10 jumping jacks, 10 sit-ups, 10 pushups, and run around their mats 5 times.
3. Place a stick for each player, a ball and 4 pylons on each mat.
4. Assign one student as goalie and the other 2 are players.
5. Take time to review the rules.
* All players must remain on their knees, laying down and rolling around are acceptable.
* Only goalies can use their hands.
* Sticks must be kept low.
* A goal is scored when the ball passes between the pylons.
* When the ball leaves the mat the last player to touch the ball must retrieve it and hands it to a player on the opposite team to start play.
* Start the game with a faceoff.
* Play 5 minute games. Then have one team from each mat move to another mat to start a new game.
* Keeping score is optional, keeping it fun is mandatory!
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| **Extension:** | * Put more mats together for a larger game.
* Have competitive and non-competitive games.
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| **Assessment:** | Gather as a large group. Pose the questions:* What is working well?
* If things aren’t working well, what should we change?
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