





**Physical Education Lesson Plan Grade 4: Division II (see modifications for Div I, Div III and Div IV)**

Lesson/Unit: #1 \_\_\_\_\_ Date: January 31, 2018

**General outcomes:**

 Activity		 Benefits Health			 Cooperation				 Do It Daily...For Life!			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Wellbeing	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓	✓		✓		✓			✓			

**Specific outcomes:**

<p><b>A4-10</b> Demonstrate critical thinking and problem solving skills to modify games and achieve activity outcomes.</p> <p><b>B4-3</b> experience movement, involving components of fitness</p> <p><b>C4-3</b> identify and demonstrate etiquette and fair play</p> <p><b>D4-1</b> demonstrate a willingness to participate regularly in physical education class</p>
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**Leading Activities/Teaching Strategies:**

<p><b>Set up:</b> After reading the book “As Big as the Sky, as Tall as the Trees” in class, students should have an understanding of the context to bring this story into the gym.</p> <p>Using the basketball court, and pylons, create 4 quadrants. Each quadrant must have a coloured object indicator of red, yellow, black and white.</p> <p>Before beginning the game, explain what the 4 quadrants represent.</p> <p>If this is the first time talking about the different quadrants, you may want to write these explanations on a whiteboard for students to refer to.</p> <p><b>RED:</b> Red represents the North. This is the physical area of the medicine wheel. It also represents relationships and connectedness.</p> <p><b>YELLOW:</b> Yellow represents the East.. This is the emotional area of the medicine wheel. It also represents the beginning of life, children, a new day.</p> <p><b>WHITE:</b> White represents the South. This is the mental health area of the medicine wheel. It also represents the elders, experience and protection.</p> <p><b>BLACK:</b> Black represents the West. This is the spiritual area of the medicine wheel. It also represents being able to see things from a bigger picture</p>
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**Introduce the game:****Round 1:**

Students can play tag anywhere within the area. 2-4 players will be it and will have pinnies in their hands (not on so they can quickly hand off).

If tagged, player must freeze and perform an action that represents the quadrant theme they are in. Player that was IT hands off pinnie to tagged player.

Examples:

If tagged in the RED

- flexing, running on the spot, lunging, high kick

If tagged in the WHITE

- hands on your head,

If tagged in the YELLOW

- make a heart with two hands, make a cradle with arms rocking a baby,

If tagged in the BLACK

- make a circle above head with arms

Once the player performs the action, they are unfrozen, and are now it.

**Round 2:**

Students are now only allowed to run on the lines of the gym floor throughout all quadrants. Choose 2 - 4 players to be taggers. Same rules apply as above. Change to a new action for each quadrant.

**Round 3:**

For this round, choose 1 or 2 taggers to stand in each quadrant. They must stay in that quadrant for the time they are "it". The rest of the students can continue to run around the full playing area. SAME RULES APPLY. Change to new action OR have tagged player give an example of the quadrant.

**Round 4: (Division 3 and 4 Only/Extension)**

For this round, choose 1 or 2 taggers from each quadrant, to stand on the basketball court line. Taggers remain on the line, and have dodgeballs. They must hit a runner with the dodgeball in order to "tag" the person. Once the runner is hit with the dodgeball, they will go to the side, where there are 1 poster per quadrant hung up, and they must write a sentence relating to the quadrant they were tagged in. They will then remain in the game. Teacher will assign new people "it" as the game continues.

**Round 5: (Division 4 Only)**

For this round, students will be divided into the four quadrants evenly. This extension includes playing dodgeball, instead of tag. You begin in one quadrant, but once you are hit, you must leave that quadrant and travel to the quadrant that hit you. Students must walk behind the boundaries to get to their new quadrant. The objective of the game is for one quadrant to hit all the players. However, every time you are hit, you are moving quadrants.

**Equipment:**

- Red, Yellow, White, Black objects.
- Red, Yellow, White, Black Pinnies.
- Pylons.
- Dodgeballs
- 4 prelabeled posters with the four colours and explanation.

**Safety Considerations:**

Consideration of those around you.  
Head up while running.  
Below the shoulder  
dodgeball and walk behind the quadrants when moving quadrants (Div. 4).

**Modifications:**

- Movement changes: hopping, skipping, galloping.**
- Division 1: During round 2, students will run to point at another object of that colour in the gym. (If there are no colours, they may say something that is that colour).
  - Division 3 and 4: Round 4 is an extension to the game.
  - Round 5 is an extension for division 4.
  - Division 4 will complete round 1, 4 and 5.