

Formal Observation 10/25

Mr. Tyler Lesson plan

Lesson Plan: Rock Paper Scissors Hoop Relay

Objective:

- To engage elementary school students in a fun and active relay race that incorporates teamwork and coordination skills.
- To reinforce the concepts of rock, paper, and scissors in a playful setting.

Materials Needed:

- Hula hoops
- Basketball court or similar open space
- Chalk or cones (for marking the starting and ending points)
- Whistle or bell (for signaling transitions)

Duration: Approximately 10 minutes

Warm-Up (10 minutes):

1. Begin with a 10-minute run around the designated area to get students' hearts pumping and muscles warmed up.
2. Have students run around designated warmups.
3. Skipping, Running and Walking in intervals
4. Demonstrate proper running form, emphasizing the importance of using their arms and legs to propel themselves forward.

Water Break (7 minutes)

Main Activity - Rock Paper Scissors Hoop Relay (15-20 minutes):

1. Explain the rules of the relay race to the students:
 - Each team will take turns sending one player at a time to run through a series of hula hoops placed along the basketball court.
 - When a player reaches the last hoop, they will perform a round of rock, paper, scissors with a designated referee (teacher or volunteer).
 - The winner of rock, paper, scissors continues on to the next stage of the relay, while the loser returns to their team's line.
 - The first team to have all of their players complete the relay race wins.
2. Divide the basketball court into sections using chalk or cones, with each section representing a different stage of the relay race.
3. Place the hula hoops at regular intervals along the court, starting from one end and leading to the other.
4. Teacher officiates each team to oversee the rock, paper, scissors matchups.
5. Start the relay race, with one player from each team running through the hula hoops as quickly as possible.
6. When a player reaches the last hoop, they will stop and play rock, paper, scissors with their opponent.
7. The winner of each matchup continues on to the next stage of the relay, while the loser returns to their team's line.
8. Continue the relay race until all players from one team have completed the course.
9. Congratulate the winning team and encourage positive sportsmanship among all participants.

Cool Down (2-5 minutes):

1. Once the relay race is complete, gather the students together for a brief cool-down period.
2. Encourage students to take deep breaths and drink water to rehydrate.

Additional Notes:

- Monitor students closely during the relay race to ensure safety and fair play.
- Modify the course layout and rules as needed based on the age and ability level of the students.
- Provide encouragement and support to all participants throughout the activity.
- Communicate with the teacher about students who have additional needs

