

Safety: Students will be holding hands so one student might pull arms to hard. Students will be hitting ball in air so students might run into each other.

Anticipatory Set: Good morning students. Today we are going to be working on our communication skills. It is important to communicate and listen well in order to be successful in a team.

We will start off with a 5 minute run in the gymnasium.

- One of my objectives is to **(Psychomotor)** Have students work together to accomplish a physical task.
- Another of my objectives is to **(Affective)** The learner will understand the importance of team building
- A third objective is to **(Cognitive)** The learner will have a clear understanding on how to work together and in a large group setting.
- A fourth objective is to **(fitness)** Increase student's heart rate by doing a 5 minute run.

Let's get started. First the students will do a 5 minute run.

Demonstration and or explanation:

The students will be divided into four groups. Groups will be along the outside of the basketball court line facing inward. Essentially it will be one group per wall. Each group will have a Hula Hoop and the objective is to hold hands and get the Hula Hoop across to the person on the other end.

- Continue with same group and have the do it back and fourth.
 - Start in middle then have them go right, to left, to right, to middle.
 - Start from left and time them. Try again to beat their time.
 - Groups 1 and 2 combine and groups 3 and 4 combine. Form circle and do it with two Hula Hoops starting from opposite spots.
- * Debrief and talk to students about what you noticed. Usually it is students not working together. Some students go through Hula Hoop and let person next to them fend for themselves. ETC.

Secondly we will: Bring everybody in and explain the next teambuilding exercise. Students will be in two groups. One on each half of the basketball court. Object is to keep the beach ball in the air. You can only hit the ball once. To complete each student must hit the ball without it touching the ground.

- Students will have a hard time in the beginning. Some will mess around hit the ball too hard. Positioning of people will be bad. Stop them and tell them to get together and talk it out.
- Usually they will get it the second time if not then have them talk again.
- If both groups get it have them try to do it as one big class.

Teaching strategies to be used:

1. Command style for the instructions
2. Allow students to experience failure before showing them how to do it. (Experiential)

Questioning strategies to be used:

1. Direct Questioning
2. Indirect questioning
3. Inferring

Evaluation/assessment to be used:

1. Informal (I will check if they are participating and giving an effort)

Reflection: Today I learned that I need to let students come to their own conclusion. Do not expect all classes to come to the same conclusion. They will usually come up with a wide variety of ways to complete the task.

State Standard Met: 21.A.3a, 21.A.3b 21.A.3c, 21.B.3