

**Safety:** Students will be running around on blacktop. Also, there is a sewer in middle of grass. I need to keep students away.

**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.

I also have prepared an activity that will allow you to work with a partner and get your heart rate up.

- 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 stand up with a partner without using support except for the back of their partner.
- A fourth objective is to **(fitness)** Increase students heart rate by doing a 2 lap warm up and short game of tag with push-ups and sit-ups.

Let's get started. First the students will take a two lap run. Then I will give each a partner and explain the rules of the TAG activity.

**Demonstration and or explanation:** The object of the TAG activity is to have the students moving. Each student will have a partner. One partner will be it and have to tag the other partner. The students will have around 45 seconds. Once the time allotment is done I will bring the students together. If tagger did not tag their partner they have to do 10 reps of the given exercise. If the partner was tagged they have to perform 10 reps. Then we would switch taggers.

**Secondly we will:** Bring everybody in and explain the teambuilding exercise. I will make a statement such as "Find someone who enjoys the same genre of music as you". Once they find that person they will sit back to back and wait for further instruction. Students must sit back to back with partner and try to stand up without pushing off the ground. They need to work and communicate together to get this done. The key is to use each other's force.

**Teaching strategies to be used:**

1. Command style for the fitness portion
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 be flexible and it is okay if different classes do different activities. I do not have to do the exact same thing every period.

**Must be implemented into tomorrow's Lesson plan:** Use squads to mix them up.

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

**Organizational Changes, new ideas:**

- Tag game
- Mix up Squads as partners