

Lesson Title: Rob the Nest! Lesson # 1 Date: November 29, 2017

Name: Mr. Armstrong Subject: Physical and Health Education Grade(s): 2/3

**Rationale: (lesson context and reasons why lesson matters)**

Students will be able to work on their dribbling skills in this lesson while also using strategy and problem solving in the *Rob the Nest!* activity. The students in this grade 2/3 class really enjoy playing basketball; therefore, this lesson will engage each of the students. The students will often play basketball during their free time in previous PE lessons, so they are familiar with this sport and the skill of dribbling a ball. This lesson will help each student build upon their dribbling skills and help them further succeed in future basketball activities.

**Curriculum Connections :** <https://curriculum.gov.bc.ca/>

**Big Idea:**

- Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being

**Curricular Competency:**

Physical Literacy:

- Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments
- Develop and demonstrate safety, fair play, and leadership in physical activities

Social and Community Health:

- Develop and demonstrate respectful behaviour when participating in activities with others

**Content:**

- Proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills
- Movement concepts and strategies

**Core Competency:**

- Communication
- Critical Thinking
- Personal Awareness and Responsibility

Learning Intentions	Activity	Assessment
<ul style="list-style-type: none"><li>- Students will be able to dribble a basketball while walking/running</li><li>- Students will be able to play the activities respectfully and show sportsmanship with their team and other teams involved</li><li>- Students will use strategy or problem-solving skills with their team</li><li>- Students will share any problem-solving skills that they used</li></ul>	<ul style="list-style-type: none"><li>- <i>Heads or Tails</i> ice breaker game</li><li>- Warm up with three laps and then a free dribble; students are encouraged to try to move and dribble at the same time to practice for the activity</li><li>- Students will play <i>Rob the Nest!</i> for one or two rounds</li><li>- Students and teacher will have a class discussion at the end of the lesson</li></ul>	<ul style="list-style-type: none"><li>- Observe the students participation in the activity</li><li>- Observe whether or not students are playing the game fairly and showing good sportsmanship</li></ul>

**Prerequisite Concepts and Skill: (for student success)**

- Students will know how to dribble a basketball while moving at the same time
- Students will know how to work as a team and take turns individually

**Materials and Resources with References/Sources:**

<b>For Teacher</b>	<b>For Students</b>
- Whistle	- Basketballs (one per student) - Hula Hoops (one per team; approximately 4)

**Differentiated Instruction (DI): (accommodations)**

- Allow students that struggle with dribbling while moving to carry the ball rather than dribbling it; or they only have to dribble the ball three times before placing the ball in the hula hoop
- If students are unable to run in this activity due to an injury, illness, or other condition, allow student(s) to be the ball placer; the ball placer will wait by the hula hoop and receive the ball from each teammate and place the ball in the hula hoop (this will allow that student to feel like they are still involved in the activity and contributing)

**Organizational/Management Strategies: (anything special to consider?)**

- Inform the students before the lesson that when the teacher blows the whistle, students must place their hands on their heads and make eye contact with the teacher
- Instruct students to do three laps around the gym as teacher prepares the equipment (takes basketballs out of storage)
- Instruct students to each take a ball and dribble it around the gymnasium as practice (use this time to get the hula hoops ready for *Rob the Nest!*)
- Students are not permitted to shoot the balls while they do their free dribble; inform students before the free dribble that if teacher sees students shooting balls, then that student will be asked to sit out during the activity
- Instruct students to line up on the side of the gymnasium in order to split them into teams (if teacher notices that the teams are unfair after one round of the *Rob the Nest!*, shift some students around into different teams to even them out)
- Once each student has done their role in the first part of *Rob the Nest!*, ask them to sit on the floor to make it clear that they have completed their turn (this will avoid any confusion)

**Possible Aboriginal Connections / First Peoples Principles of Learning**

[http://www.bced.gov.bc.ca/abed/principles\\_of\\_learning.pdf](http://www.bced.gov.bc.ca/abed/principles_of_learning.pdf) and

[https://curriculum.gov.bc.ca/sites/curriculum.gov.bc.ca/files/pdf/aboriginal\\_education\\_bc.pdf](https://curriculum.gov.bc.ca/sites/curriculum.gov.bc.ca/files/pdf/aboriginal_education_bc.pdf)

- N/A

**Lesson Activities:**

Teacher/Student Activities	pacing
<p><b>Introduction</b> (hook/motivation/lesson overview)</p> <ul style="list-style-type: none"> <li>- Teacher will explain which activities will be taking place in this Physical &amp; Health Education lesson: <i>Heads or Tails</i>, running warm-up, dribbling warm-up, <i>Rob the Nest!</i>, discussion</li> <li>- <i>Heads or Tails</i> – Ask students to put their hands on their head or tails to indicate which side they think the coin will land on. The students that are incorrect go stand against the wall, the students that are correct will stay in the circle in the middle of the gymnasium. Game continues until there is only one player left (the winner). This simple ice breaker game will engage the students and help them prepare to learn and participate in <i>Rob the Nest!</i></li> </ul>	5 minutes
<p><b>Body</b> (lesson flow/ management)</p> <ul style="list-style-type: none"> <li>- After playing <i>Heads or Tails</i>, students will then start running 3 laps around the gymnasium while basketballs and hula hoops are prepared by teacher</li> <li>- Students will meet teacher in the center of the gym, teacher will explain the rules of <i>Rob the Nest!</i></li> <li>- Students will each have a basketball and do a free dribble around the gym while hula hoops are placed in 4 corners of the gym</li> <li>- Teacher will then ask students to line up against the wall of the gymnasium and split students into 4 groups</li> <li>- Students will play <i>Rob the Nest!</i></li> <li>- <i>Rob the Nest!</i> game rules: <ol style="list-style-type: none"> <li>1. Each player from each team will have to run to the middle of the gym when it is their turn (once the player in front of them has returned to line) and pick up a basketball and dribble it back to their line – placing the ball in their team’s hula hoop</li> <li>2. When everyone from each team has gone... students may start to rob the nests of other teams (running around the gym to try to steal balls from other teams’ hula hoops. Each player must be running around the gym – no guarding the hula hoop</li> <li>3. When time is up (5 minutes), each team must return to their nest and sit down. The team with the most basketballs wins the game</li> </ol> </li> </ul>	20 minutes
<p><b>Closure</b> (connections within lesson or between lessons, sharing successes, summaries)</p> <ul style="list-style-type: none"> <li>- While sitting with their teams, teacher will ask if any of the students used any strategies while trying to rob the nests of each team</li> <li>- Students will be encouraged to list any strategies that they used while the rest of the class listens (no calling out – hands up to be called on to share)</li> </ul>	5 minutes

**Reflections: (over)**