

Lesson Title: Kingpin Lesson # 1 Date: February 27, 2018

Name: Mr. Armstrong Subject: Physical & Health Education Grade(s): 6/7

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

Students will get to play games that they have said they enjoy from previous lessons. This is a great PE lesson for the beginning of the day to get the students in a playful and interactive mood to start the school day. Students will work on many skills through this lesson including: throwing, problem solving, teamwork, & cooperation.

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

**Big Idea(s):**

- Daily physical activity enables us to practice skillful movement and helps us develop personal fitness
- Physical literacy and fitness contribute to our success in and enjoyment of physical activity

**Curricular Competency:**

- Develop and apply a variety of movement concepts and strategies in different physical activities
- Develop and demonstrate safety, fair play, and leadership in physical activities
- Identify and describe preferred types of physical activity

**Content:**

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

**Core Competency:**

- Communication, Creative Thinking, Personal Awareness & Responsibility

Learning Intentions	Activity	Assessment
<ul style="list-style-type: none"><li>- Students will be able to work together as a team to have success during the <i>Kingpin</i> game</li><li>- Students will work on their throwing and accuracy skills in order to knock the opponents' pins over</li></ul>	<ul style="list-style-type: none"><li>- <i>Four Corners</i></li><li>- <i>Kingpin</i></li></ul>	<ul style="list-style-type: none"><li>- Teacher observation on participation</li></ul>

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

- Students know the game rules for *Four Corners* & Dodgeball to make for an easy adjustment to the game rules for *Kingpin*
- Students know how to properly throw a ball

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

For Teacher	For Students
<ul style="list-style-type: none"><li>- Whistle</li><li>- Dodgeballs</li><li>- Cones/Pins</li><li>- Hoola-Hoops</li></ul>	<ul style="list-style-type: none"><li>- Running shoes</li><li>- Dodgeballs (provided by teacher)</li><li>- Cones/Pins (provided by teacher)</li><li>- Hoola-Hoops (provided by teacher)</li></ul>

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

- If students don't find the *Kingpin* game challenging enough – challenge them to use their non-dominant throwing arm
- For students that are not interested in throwing – encourage them to be the 'Pin Protectors' (guards)

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

- Gym class can be difficult to control at times – have an effective attention getting strategy that will allow you to gain the students' attention quickly and effectively – providing more activity time
- While pairing students up and splitting them up into teams – make sure that the teams are even to make for a more enjoyable and challenging experience for both teams

**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 Activities	Pacing
<p><b>Introduction (hook/motivation/lesson overview)</b></p> <ul style="list-style-type: none"><li>- Instruct students before entering the gym that they must run around the gym three times and meet in a giant circle for static stretching</li><li>- While stretching – inform students of the today's activities (<i>Four Corners</i> &amp; <i>Kingpin</i>). Ask for student volunteers to lead stretches (5-8)</li></ul> <p><b>.Body (lesson flow/ management)</b></p> <ul style="list-style-type: none"><li>- At the end of stretching, ask for volunteers to be the 'it' person for <i>Four Corners</i> – only pick one student and keep others in mind incase there is time to play this game more than once</li><li>- Play <i>Four Corners</i> – gather equipment for <i>Kingpin</i> during this activity</li><li>- Meet again in the middle to demo and explain rules of <i>Kingpin</i> – check for understanding with thumb up or down routine</li><li>- Play <i>Kingpin</i></li></ul> <p><b>Closure (connections within lesson or between lessons, sharing successes, summaries)</b></p> <ul style="list-style-type: none"><li>- Students vs teacher <i>Kingpin</i> – beat the teacher exercise for fun</li></ul>	<p>5 minutes</p> <p>5 minutes for <i>Four Corners</i></p> <p>10-15 minutes for <i>Kingpin</i></p> <p>5-10 minutes (reminder of class time) – clean up by getting student to each pick up one item to put away</p>

**Reflections: (over)**

### **Four Corners Rules**

1. Pick student to be 'it'
2. Student that is 'it' must go to the middle of the gym and close their eyes
3. Other students have 5 seconds to pick a corner in the gym to stay at
4. 'It' student points to a corner blindly – the students in this corner are now out of the game and must sit off to the side
5. Game finishes when there is one student left – when there are only two students, they cannot pick the same corner

### **Kingpin Rules**

1. Two teams (ask students to pair with someone – one partner goes to one side of the gym, and the other goes to the opposite side to determine even numbered teams)
2. Dodgeballs are lined up in the middle of the floor, each team must start by touching the wall. Two pins per team are standing towards the back of the gym inside of a hoola-hoop per pin
3. Students must knock down the pin by throwing a ball at it. Purpose of the game is to knock the pins over – NOT to hit other students
4. ONE guard per pin – guard must stand outside of the hoola-hoop and cannot enter the hoop at any time (only to grab a ball)
5. Once teacher starts the game, students run to the middle of the floor to grab the balls, and can begin throwing at opposition's pins to try to knock them over (students CANNOT cross the center line of the gym)
6. Once both pins are knocked over on one side, that team has lost and the game is finished