

5- Minute teach lesson plan (Alannah Valdez & Carina Ip)

Title: What Time Is It Mr. Wolf		Type of Game: A tag game that encourages young children to learn how to count.
		Time required: 20 – 30 minutes
Rationale:		
<p>This is a great game to play with younger children because not only are the students able to get the exercise they need by running around, but this game can also be used as a fun way for children to learn how to tell time. Children are also able to learn how to count from 1 – 12. Teachers can also add an informative aspect to this game by talking about farm animals and the nature of wolves.</p>		
Required Supplies:		Safety Notes:
<ul style="list-style-type: none"> - An open space to play the game (ex. Gymnasium, park, etc.) - Positive Attitude 		<ul style="list-style-type: none"> - Remind children to lightly tag one another and not to push or grab - Keep head up when running back to home base to avoid children crashing into each other
Description		
<ol style="list-style-type: none"> 1. Assemble students against a wall and appoint them as “farm animals”. The wall that they are assembled at will be known as the home base. Home base is the starting point and also where the children are safe from being tagged by “Mr. Wolf”. 2. Choose a student to be “Mr. Wolf”. Mr. Wolf will stand at the other end of the playing area. Mr. Wolf will have his/her back turned from the rest of the students to keep Mr. Wolf from seeing how close the rest of the students are. 3. The children at home base will ask all together “WHAT TIME IS IT MR. WOLF?”. Mr. Wolf will then call out a time, for example, “5 o’clock”. The children will take 5 steps (steps taken are dependent on the time that Mr. Wolf calls out). Children will chant together the steps that they take (“1! 2! 3! 4! 5!”). 4. As soon as Mr. Wolf feels that the children are close enough to tag, he/she can choose to say “DINNER TIME!” instead of giving a certain time when asked by the children. When Mr. Wolf says it’s dinner time, then the children must run as fast as they can to home base to avoid being tagged by Mr. Wolf. 5. The first person that Mr. Wolf tags will then be appointed as the next “Mr. Wolf” 		
Adaptation and Application		
<ul style="list-style-type: none"> - Teachers can give children information about the nature of farm animals & wolves. - Can teach children how to count from 1 – 12 or how to tell time. 		
<p>Source: A game we learned in Elementary School. Can also be found on Google or WikiHow. http://www.wikihow.com/Play-What%27s-the-Time-Mr-Wolf</p>		

5- Minute teach lesson plan (Samantha Wong & Russell Lau)

Title: Cat and Mouse		Type of Game: Tag game
		Time required: 5 minutes
Rationale:		
<ul style="list-style-type: none">- This game is good for getting the kids running and for improving their cardiovascular health.- It tests the students' movement and hand-eye coordination skills, as pulling a mouse tail off while running full speed can be difficult.- It also promotes teamwork, as mice who are turned into cats now have to work with their former "enemy" to turn other mice into cats.		
Required Supplies:		Safety Notes:
<ul style="list-style-type: none">- Strips of cloth for mouse tails		<ul style="list-style-type: none">- Be wary of colliding into others while running around the play area.- After pulling the mouse tails off, be cautious of where the tails are placed. If they are thrown aside or on the ground, someone else may slip on them.
Description		
<ul style="list-style-type: none">- Designate one person in the group to be the cat, the rest are mice.- Give each mouse a mouse tail (strip of cloth) which will be tucked into either the back or side of their pants.- The cat's goal is to chase and pull the tails off the mice.- Once a mouse's tail is pulled off, they become a cat as well, and immediately start chasing other mice.- The game ends once everyone becomes a cat.		
Adaptation and Application		
<ul style="list-style-type: none">- If it proves too difficult for one cat to chase down the mice, designate more people to be cats at the start of the game. So instead of having only one cat, start the game off with two or three.- Create a "safe zone" that only mice can go into to temporarily stay safe from cats. This could be a hula hoop placed somewhere in the play area, and the mice are only allowed to stay in there for 10 seconds at a time.		
Source: http://www.teachingideas.co.uk/pe/catandmouse.htm		

5- Minute teach lesson plan

Title: Crab Walk Relay	Type of Game: Warm-up activity
	Time required: 5 minutes
Rationale:	
Our objective for this activity was to involve the whole class in warming-up with a quick and fun activity. This activity gets everyone involved and moving very quickly with little instruction. It also involves working with a partner, and fosters an encouraging environment.	
Required Supplies:	
Safety Notes:	
This activity did not require supplies, however, we used the lines on the gym floor for start and finish lines. As well, the class required active gym wear, including proper running shoes.	We ensured the class knew how to do a proper crab walk, to prevent doing the activity wrong and causing injury. We told the class to be aware of the students around them and to try to crab walk in a straight line, so to avoid a collision.
Description	
After explaining the activity, demonstrating a crab walk, and detailing safety notes, we had the class line up and we numbered them either a 1 or a 2. We then had the 1s line up on one side, and the 2s on the other. They then identified a partner directly on the opposite side of the gym to be their relay partner. On my quo, the 1s began their crab walk across the gym to their waiting partner. Once their partner reached them, the 2s began their crab walk across the gym to the finishing line.	
Adaptation and Application	
Some students required an adaptation for them, as they were not able to do the crab walk successfully. After identifying the students that were struggling due to their physical abilities, I showed them a variation of a crab walk that they could do instead that was less physically demanding, yet still engaging and purposeful. We also finished our activity ahead of time, so the class agreed that it would be fun to try the activity again, but with an easier adaptation.	

5- Minute teach lesson plan (Linda Pham & Lichelle Li)

Title: Spider tag		Type of Game: Tag game
		Time required: 5-10mins
Rationale:		
Spider tag is all inclusive and encourages team work. It is a quick and easy warm up game that is suitable for children of all ages.		
Required Supplies:		Safety Notes:
<ul style="list-style-type: none"> • Running shoes and proper attire • Cones to designate lines and boundaries if played outdoors. 		<ul style="list-style-type: none"> • Children may not dive to avoid being tagged. • Children who are tagged may not form a wall by holding hands with others on their line.
Description		
Go from one wall to another without being caught by the big spider (the person who is "it"). The big spider is allowed to travel anywhere within the boundary. When the spider says, "GO" everyone will run from a line from one side of the gym to the opposite line. If they are caught by the spider, they become a baby spider and must stand on one of the two designated "web lines" (whichever one is closest to where they are when they are tagged) and try to tag others that are crossing. If you are tagged by a baby spider you must stay on the line with them. Game ends when there is one survivor.		
Adaptation and Application		
Boundary lines can be adjusted to accommodate a bigger or smaller group. If running becomes a hazard, walking can be substituted.		
Source: N/A		

5 Minute Lesson: Shark/ Sea Monsters? (Ashley Michell & Sarah)

Age Group: This lesson is ideal for Kindergarten, Grade 1, 2, and 3.

Purpose: This lesson is designed as a quick warm up to get the students active and moving.

Instructions: Two students are selected/volunteer to be *sharks*. These students are “it” and start in the center of the gym. The rest of the students, called *swimmers*, line up at one end of the gym. When the whistle blows, the *swimmers* must try and run to the other side of the gym. The two *sharks* are allowed to leave their starting point and attempt to tag as many *swimmers* as they can. If a *swimmer* is tagged, that student must stop in place and are now *seaweed*. As *seaweed* the students are not allowed to move their feet. However, they reach out and wave their arms to tag *swimmers*. Once all the *swimmers* have reached the other side, the whistle is blown again and the students must run to the other end of the gym. This continues until all students have been tagged by the *sharks* and the last remaining *swimmer* is declared the winner.

Safety: In order to ensure student safety, students are reminded to run with their “heads up”. Students are reminded to be respectful of their peers and not be forceful when tagging others.

5- Minute teach lesson plan

Title: Sea Monsters		Type of Game: Tag
		Time required: 5 minute (+)
Rationale:		
This game is designed as a quick warm up to get the student active quickly after entering the gym. Benefits cardiovascular health and student movement.		
Required Supplies:		Safety Notes:
Proper footwear Open Space		In order to ensure student safety, students are reminded to run with their “heads up”. Students are reminded to be respectful of their peers and not be forceful when tagging other
Description		

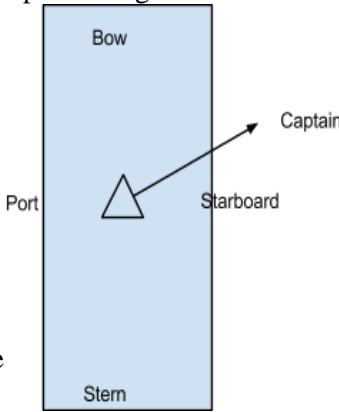
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Adaptation and Application:

Shark is designed to be an inclusive activity. Students with disabilities, including those in wheelchairs should be able to participate.

Source: n/a

5- Minute Teach Lesson Plan

Title: Aye, Aye Captain!		Type of Game: Icebreaker / Warm up
		Time required: 10 mins
Rationale:		
Allowing students to engage and actively listen to the instructions. Cooperating harmoniously with team / partner. Promoting effective communication strategies to complete team task.		
Required Supplies:		Safety Notes:
None		<ul style="list-style-type: none"> - Beware of the surroundings equipments (if any) - large space (avoid bumping and tripping)
Description		
<p>Instructions: The gym will be envisioned as a ship. One person is chosen as the “captain”, whom will give orders to the crew. The crew must follow the orders / actions as quickly as possible. No one will be out; the goal is for everyone to complete the orders as quickly as possible. Once a captain has given no more than 10 orders, a new captain must be picked.</p>		
<p>Captain Orders:</p> <ol style="list-style-type: none"> 1. Bow - Run to the front of the boat 2. Stern - Run to the back 3. Port - Run to the left side of the boat 4. Starboard - Run to the right side of the boat. 5. Scrub the Deck – stop, knee down and scrub the floor 6. To the boats - form lines of three and sing "Row, row, row your boat", while pretending to row a boat 7. Captain is Coming!- Turn and salute the captain while saying, “Aye, Aye Captain” 		
		
Adaptation and Application		
<p>Adaptation: Additional orders can be added to expand the game in order to suit older grade levels.</p> <p>Possible Additional Orders</p> <ul style="list-style-type: none"> - Man overboard - Get into groups of two or three, link hands and swim together to the middle of the boat. - Seasick - pretend to throw up - Climb the rigging - pretend to climb a rope ladder - Shark - Lie down on stomach and pretend to be a shark (hand up for a fin) <p>The game can also be altered to incorporate units from other subjects. For instance, a class studying the geography of Canada might use BC as the left side instead of port and use Nova Scotia instead of Starboard.</p>		
<p>Source: http://www.teachingideas.co.uk/pe/pirateship.htm http://www.gameskidsplay.net/games/mental_games/ship_captain.htm</p>		

5- Minute teach lesson plan (John and Terrence)

<p>Title:Let's Go Hunting</p>	<p>Type of Game:focused on fundamental movements for younger grades k-grade 2</p> <p>Time required:5-10 minutes</p>
<p>Rationale:</p> <p>This game is intended to help children with fundamental movements such as running, stopping, and skipping. It's a great warm up activity since the teacher does all the leading in the beginning and she could make sure the students start at a slow to moderate pace.</p>	
<p>Required Supplies:</p>	<p>Safety Notes:</p>
<p>none</p>	<p>Make sure the baseline or home base is long enough so students don't crash into each other when they sprint home.</p>
<p>Description</p> <p>All the children are lined up on a baseline which also serves as home base(safe spot). They now follow the teacher who is walking(simplest movement) around the gym or outside. After about 30 seconds of walking, the teacher yells out "Bang Bang". The children then sprint to home base as the teacher tries to tag them. As a teacher I would purposefully not tag them so you can lead the next 3-4 movements which include a normal progression from walking, skipping, walking backwards, and running.</p>	
<p>Adaptation and Application</p>	

When the students are warmed up, you can tag one of the students so he/she can be the hunter. I would advise the student to go hunting for at least ten seconds so everyone gets a chance to move. You can also just alternate hunters just in case a student has trouble tagging someone. Depending on the students you can also add more challenging movements such as crab walk, jumping backwards, etc.

Source: <http://sportsvideos.com> w Artie Kamiya

Title: Multilingual Movements	Type of Game: Warm-up activity/fundamental movements
	Time required: 5 minutes
Rationale:	
<p>This activity may be used as a short warm-up for a more in-depth physical education activity, or it could be used as a quick movement activity during 'brain-breaks' or transitions between more sedentary work periods. The activity is not only physical, but also engages the students by using the cross-curricular application of different languages; it may also serve the social purpose of helping kids with diverse backgrounds feel more of a sense of belonging, as they get an equal chance to share their other languages.</p>	
Required Supplies:	Safety Notes:
<p>Adequate floor space (or outdoor space)</p>	<p>This activity should be done in an area with enough space that the students will not accidentally come into physical contact with each other. Also, students with varying physical capabilities and fitness levels will need to be accounted for.</p>
Description	
<p>-Students gather in a semi-circle around the activity leader(s) with at least an arm-span length between them, but close enough to the activity leader that they can see and hear him or her.</p> <p>-The activity leader proceeds to demonstrate some basic dynamic stretches such as neck-rolls, arm-circles, hip-circles, stretching into a deep squat, etc. while counting to ten first in English, then in another language, and then prompting the students to count out their own movements in a language they are familiar with</p> <p>-The activity leader then demonstrates some basic, body-weight calisthenics (eg. Push-ups, planks, squats) tailored to the students fitness level (which will be markedly different across age and grade levels), again prompting the students to count their movements using different languages.</p>	
Adaptation and Application	
<p>-The activity leader should also demonstrate some simpler and more advanced variations of the movements to accommodate different physical capabilities and fitness levels (eg easier push-ups done on knees, or more difficult push-ups done with hands closer together) Also this is a great and easy activity to take outdoors!</p>	

PE 5 minutes lesson: Linda Wu and Tammy Tsang

Title: Shark Attack

Type of game: Tag game

Time required: 5 minutes

Rationale: we chose this game because everyone can participate and be active in this game.

Required supplies: N/A

Safety notes: make sure students are evenly spaced out in the gym so they won't bump into each other. Ensure they don't shove or push each other.

Description: Have 1 shark and 1 lifeguard, and the rest of the students are fishes.

Shark: try to tag all the fishes and the lifeguard.

Fishes: when they are tagged, they freeze and stay at where they are.

Lifeguard: can save the fishes by tapping them. But when the lifeguard gets tagged, he/she can no longer save the fishes. There is a safe zone where the lifeguard and fishes can stay and the shark can't tag people when they are in the safe zone.

Adaptation and application: For a larger group of students we can have 2 sharks and 2 lifeguards. Can have fishes who freeze do a yoga pose instead of just standing there -> encouraging more body movements.

By playing this game, students can practice their motor skills and muscle coordination.

Source: Linda played this game with children when she worked at an after-school childcare centre.

5- Minute teach lesson plan (Lauren O’Leary and Kyla Aasen)

Title: Conductor		Type of Game: Follow the Leader
		Time required: 5+ minutes
Rationale:		
This activity can be used both in a PE class and as a brain break in the classroom.		
Required Supplies:		Safety Notes:
<ul style="list-style-type: none"> - Enthusiasm! 		<ul style="list-style-type: none"> - Make sure children have enough space to do their movements
Description		
<ul style="list-style-type: none"> - Organize students into a large circle, ensuring there is space for movement - One child is chosen as the “investigator” (ask for volunteer) - Ask the investigator to quietly stand outside the door - Once the investigator is outside, choose another volunteer to be the “conductor” - The conductor starts to do an action, that the rest of the class has to copy - The conductor can change their movement at any time, and the class has to continue copying his/her actions - Once everyone is moving, the investigator is asked to return - The investigator has 3 chances to try and guess who the conductor is - Once the conductor has been found, choose 2 new volunteers to be the conductor and investigator 		
Adaptation and Application		
<ul style="list-style-type: none"> - If the game becomes too easy, the students can be encouraged to move around a selected area to make it more difficult for the investigator - You can suggest a specific type of movement for the conductor, based on a unit you are studying – eg. Animals, yoga poses, dance moves, etc. 		

Source: N/A

Jillian Wilson and Kylie Blue: 5- Minute teach lesson plan

Title: The Knight, The Horse, and The Wizard	Type of Game: Warm-up Partner Game
	Time required: Five Minutes +
Rationale:	
<p>This activity is generally used as a warm up game for children to get moving and strengthen their team building skills. It works well with children of all ages and has no equipment. It is an ideal game for the beginning of class to promote fundamental movement skills before starting a lesson. It also provides an element of fun while fostering healthy social interaction.</p>	
Required Supplies:	Safety Notes:
<p>No supplies are needed for this game.</p> <p>Making sure a boundary is established and an even number of students are present will help with the success of the game.</p>	<p>Make sure the students are being cautious of the other children around them while moving in the tight space.</p> <p>Students must be careful while sitting on each other's knees and backs while game is in progress. (No rough housing!)</p>
Description	
<p>Students are asked to move around within a pre-established boundary while listening for the teacher's call of either "KNIGHT", "WIZARD" or "HORSE". Student must then find their nearest classmate and make the symbol to represent whatever word the teacher has called. The following is a description of each of the three terms:</p> <p>Knight- Person A drops down to one knee, while Person B sits on Person A's other knee. Horse- Person A drops down on their hands and knees, while Person B sits on them like they are riding a horse. Wizard- Person A and B join hands above their heads in the shape of a wizard's hat.</p> <p>The last two people, or pair, to join together are then removed from the game and get to call out the next action the remaining students are to act out.</p> <p>This continues until there are only two students remaining.</p>	
Adaptation and Application	

If the game is played with a large number of students, once enough students have been removed from the original game, a second game could begin on the other half of the gym/play area.

Teachers can also call out different ways for students to move within the boundaries (ex. Hopping, skipping, crawling etc.). This allows students the opportunity to develop and practice various fine /gross motor skills.

Source: