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Amazing Co-oper-Race

Activity Theme: Alternate Environment/Outdoor Education

Grade level: 4

Objective: To involve the students in a physical activity outside of the gymnasium that builds on the curricular competencies of BC's new physical literacy curriculum, and discuss the importance of our planet, and how our interactions with the planet have long term effects.

PLO's / Curricular Competencies (found [here](#)):

- Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments.
 - FUNDAMENTAL MOVEMENT SKILLS:
 - balancing
 - bending
 - twisting
 - lifting
 - rolling
 - jumping
 - hopping
 - running
 - bouncing
 - throwing
 - kicking
- Apply methods of self-monitoring exertion levels in physical activity (five point scale using fingers).
- Develop and demonstrate safety, fair play, and leadership in physical activities.
- Explain the relationship of healthy eating to overall health and well-being.
- Identify and describe factors that influence healthy choices.
- Develop an understanding for the gear and safety rules needed to fully appreciate the benefits and enjoyments of an alternative outdoor environment.

Equipment Required:

- Brown paper bags (enough for each group)
- Signage for scavenger hunt locations
- Scavenger hunt activity sheet
- Suitable outdoor gear (eg. rain jacket, suitable footwear, layers of clothing that can be removed as required depending on weather conditions)
- Whistle/airhorn/speakers to indicate the ending of the activity

Safety Issues:

- Nearby roads (important to discuss with students the boundaries of the activity, and safety protocol when crossing these streets as a class)

- Any loose articles of clothing or laces need to be addressed prior to activity
- Long hair should be tied back; no loose articles such as large earrings, necklaces that can get caught
- Lost child procedures (Where homebase is located, what to do if you get lost?)

Moderations/Adaptations:

- In order to meet the needs of all learners, it is important to acknowledge that some students will not physically be able to play the animal tag, and thus to give them alternative movements to behave as every animal.
- If a turf field is available, this would be easier for students possibly wheelchair bound.
- Depending on the Grade level and the classroom dynamic, it may be easier to make all stations within an enclosed area that is easier to access, and safer.
- In case of severe weather, have an alternative location prepared, such as an outdoor covered area or gym

Physical/Cognitive/Affective Development of Students

- Focus on fundamental movement skills affect the physical development of students
- Discussion of teamwork, and positive leadership affects both the cognitive and affective development of students
- Identifying the relationship between healthy eating to overall health and teaching the students some of the factors that influence healthy choices affects both their physical and cognitive development

Resources:

- [KS2 Scavenger Hunt Lesson Plan](#)
- [PE Central](#)
- [Yoga for Kids](#)

	Team Teach Megan - Walk out Tiffany - Explanation	Team Teach Isis - Main discussion	Team Teach All three
	<i>Warm up</i>	<i>Main Activity</i>	<i>Cool down</i>
Name of Activity	Escape the Zoo! (Animal Tag)	The Amazing Co-OpeRace	Becoming One with Nature
Time Allotment (provided 5 extra minutes for instruction/transitions)	5 min	15 min	5 min
Description	We have a “zookeeper’s minion” who is “it”. There is a pre-determined list of animals and their actions. Teacher will call out an animal and the class will hop/prance/jump/etc to the other side. Zookeeper’s pet has to imitate the animal as well. All capture animals become zookeepers, and the teacher decides which animal to call. (White line to white line)	6 teams of 4 6 stations (~2.5min at each one) Certain stations require a teacher to sign off on completion. First team to finish and hand in their successfully completed scavenger hunt bag gets a prize.	If time allows we can take a walk to a “peaceful wooded area” and do nature yoga ;)
Key fundamental movements	Kangaroos: jump Gazelles: prance Penguins: waddle Cheetahs: run Crocodiles: lunge (and snap jaws!) Polar bear: bend (walk on hands and feet) Rabbit: bouncing Hedgehog: rolling Flamingo: balance on one leg Chimpanzee: sway side to side	Move through nature NuTri-via! Colours of Autumn See if you can.. Will it grow? Do it for nature! Continuing to build on key fundamental movements throughout	Tree pose: balance Crescent moon pose: side bend Eagle: Open arms, and hug yourself! Frog pose: calves, inner thighs Upward salute: hold the sun in your arms! https://www.namaste kid.com/poses?page =4#products Warrior Pose: Standing sideways with arms outstretched

Equipment needed	Whistle	6 brown paper bags with scavenger hunts lists on them Marker	Nothing
Location	Outside!	Outside!	Outside somewhere
Comments	In addition to making sure everyone has outdoor gear, remind girls to have an elastic to tie their hair. After warm up, do the five point scale assessment of physical exertion.		Period of reflection How could WE as instructors do better?

Rubric:

Criteria	Not yet meeting expectations	Meeting Expectations	Exceeding Expectations
Animal Tag	Does not participate	Participates; is able to demonstrate a variety of fundamental movement skills; still needs to work on the mastering some of the skills (60-70%)	Participates; encourages others and exhibits a positive attitude; has mastered 90% of the fundamental movement skills (based off of individual progress)
Scavenger Hunt	Does not participate	Participates; has completed 60% of the stations in the allotted time; group may split but comes back together	Participates; encourages others and exhibits a positive attitude; has completed 90% of the stations with their team members in the allotted time
Becoming One with Nature	Does not participate	Participates; is able to demonstrate a variety of yoga poses; still needs to work on mastering some of the skills (60-70%)	Participates; encourages others and exhibits a positive attitude; volunteers to demonstrate a stretch;

ANSWER KEY

1. Move through nature:

-everyone in the group has to go to the teacher and do: 10 jumping jacks, 9 high knees, 8 lunges, 7 frog jumps, 6 ninja kicks, 5 push ups, 4 seconds of fast feet, 3 rockstar poses, 2 toe touches with straight legs, 1 high five per team mate

2. NuTri-via!:

-go tree corridor where there is a question in a plastic bag, they have to answer the nutrition-based question (ex, which option is healthier) *Answer → Apple*

3. Colours of Autumn:

-find 3 different coloured leaves that have already fallen to the ground, to use for a different class (whoot interdisciplinary!)

4. See if you can:

-skip/bounce/run around the field

5. Will it grow?

-find a seed or pod that you also find on the ground

6. Do it for nature:

-pick up a piece of garbage



The Amazing Co-operRace Scavenger Hunt

Remember: One piece of nature per team!

First team to return to Ms. Wright with their completed Scavenger Hunt Bags gets a prize!

1. Move through nature: (Complete at home base field with Ms. Wright)

Summer is gone, let's move on! In a group and as fast as you can, please complete these moves in order: 10 jumping jacks, 9 high knees, 8 lunges, 7 frog jumps, 6 ninja kicks, 5 push ups, 4 seconds of fast feet, 3 rockstar poses, 2 toe touches with straight legs, 1 high five per team mate

2. NuTri-via!:

Oh the flavours of fall! Run through the corridor of trees, and find the tree with the neon sign in order to answer the following question:

What is the healthiest option?

3. Colours of Autumn:

Colours, colours everywhere! Find 3 different coloured leaves that have already fallen to the ground. Once you have successfully found 3, stand in a circle and each group member must give one compliment about the person on their right.

4. See if you can: (Complete at home base field)

Let's cover our ground! Run/skip or bounce the area of the field as a group and high five your teacher when you are done.

5. Will it grow?

How do you know if it will grow? Find one seed or pod from the ground. Each team member must take turns balancing on one foot to pick it up and put it back down on the ground before they can put it in their bag.

6. Do it for nature:

Leaves on the ground, that's okay! Can you pick up a piece of garbage today?