Integrated Physical Education Lesson #1

**Grade Level:** 5th Grade

**Subject(s) Area:** Physical Education and Social Studies

**Materials Needed:**

* 6 bowling pins, 2 panel mats, Shark Skin balls, board and marker, jersey (1 per student)

**Standards:**

Social Studies

* 5.2.11 - Analyze the events and consequences of the Revolutionary War (e.g., Lexington, Concord, Bunker Hill, Benedict Arnold, Valley Forge).

Physical Education

* S1.E13.5a - Throws overhand using a mature pattern in non-dynamic environments (closed skills), with different sizes and types of objects.
* S2.E3.5c - Analyzes movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small sided practice tasks in game environments, dance and gymnastics.

**Objectives:**

Students will summarize the events of the Revolutionary War and apply their knowledge to the game.

**Learning Activities:**

(5 minutes)

* Students run laps around the gym.

(8-10 minutes)

* Students gather in front of the board.
* Ask students, “What do you know about the Revolutionary War?”
  + Have students do a turn and talk with their neighbors.
* Ask students, “What caused the war? Who fought in the war?”
* Ask students, “What were the first battles fought? Who is Paul Revere?”
* Explain the game to the students.

1. You will be divided into two different teams. Those teams will be the Redcoats and the Patriots.
2. Each team will have three bowling pins with flags on their fort. The fort will be one panel mat.
   1. One soldier can be on the fort to guard the flags.
3. Your goal is to steal all three of the other team’s flags.
4. When all three “flags” are captured the game is over.
5. Watch for the cannonballs, which are the Shark Skin balls.
6. If you are hit you go to the other team’s jail, which is marked by a line.
   1. If you catch the ball, the thrower is jailed.
7. Sneaky scouts can cross the gym and try to free the prisoner. The scout and prisoner must have linked arms to return without getting hit.
8. If you make a basket from your side of the gym, all of your teammates who are prisoners are FREE!
9. Go to your side of the gym, make a game plan, and you can start getting balls when you hear, “The British are coming! The British are coming!”

* Divide students into teams and have them get jerseys.
* Start the game (15 minutes).

**Assessment:**

The teachers will monitor and watch the students’ performance during the activity.

At the end of time the group will review events of the Revolutionary War.

**Reflection:**

I thought that this lesson went well. It started off smoothly with the kids jogging. Once we regrouped to discuss the Revolutionary War and day’s activity the kids turned and talked about what they knew. Many of them just said that they did not know anything, but once some answers were shared they changed their answer. Although there were many rules to this activity they followed them well and did not seem too confused by my explanation.

The fifth graders seemed pretty engaged throughout the game. I think it helped to give the teams time to think of a game plan after the first round. They then played more as a team and less as individuals. At one point I did need to adjust how we were playing. One team seemed stronger than the other, so I switched around some of the students. It did end up helping but it was lucky since I don’t really know the students that well. Also, I was glad that I was able to pass the role of Paul Revere off to different students and they could all still know it was time to start. At the end of class while the class was lining up, I asked the students what they thought of the activity and what they knew about the Revolutionary war. They were able to tell me some facts about the war and they said that they had fun and liked the activity. That was nice to hear.

There are some alterations that I would make if I were to use this activity again. I think I would change how prisoners are freed. A scout could still save them, but I think that I would add that they could catch a ball from a teammate to be freed as well. Also, it might be interesting to change making a basket from your side of the gym to the prisoners making a basket in one of the side hoops in front of the jail. This way the prisoners are still involved in the game, since they have to shoot or catch, and they are not just standing and waiting. I would include that each student needs to place two balls back on the half court line between each round so the set up goes faster. The last alteration is more of an addition. This would be the use of music. Kaycee had an interesting idea of having the theme from the Pirates of the Caribbean movies playing. This would be a fun thing to add and the students are used to having the music going.