

Major Teaching Lesson

I. Lesson Plan: I am teaching a lesson plan on scooters. Once the students understand how to use a scooter correctly and how to be safe on them, we will play a game that uses scooters as well as helps students get familiar with the food pyramid and helps them know what foods to eat to develop a healthy eating lifestyle.

II. Grade Level: Second Grade

III. NASPE Standards:

- **Standard 1:** Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
- **Standard 2:** Demonstrates understanding of movement concepts, principals, strategies, and tactics as they apply to the learning and performance of physical activities.
- **Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

IV. Illinois State Standards:

- **State Goal 19:** Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.
 - C.) Demonstrate knowledge of rules, safety, and strategies during physical activity.
- **State Goal 21:** Develop team-building skills by working with others through physical activity.
 - A.) Demonstrate individual responsibility during group physical activities.
 - B.) Demonstrate cooperative skills during structured group physical activity.

V. Lesson Objectives:

- 1.) When this lesson is complete the students will know how to use a scooter correctly.

- 2.) After this lesson is complete students will understand the safety that needs to be taken to use a scooter.
- 3.) When this lesson is finished students will acknowledge what muscle in the leg is being used to use a scooter.
- 4.) After this lesson students will be able to tell at least three foods that are healthy for a healthy eating lifestyle.

VI. *Equipment Needed:* For this lesson plan, there will be several pieces of equipment needed. First there will need to be enough scooters so that when students are in their groups; there will be one for each group. There will also need to be cones for students to know what their boundaries are during the activities. Also, there will need to be pictures already printed and cut out for the students to use in the last game activity.

VII. *Activity Description:*

A.) *Introductory Activity:* For the introductory activity, I will be explaining how to use a scooter correctly as well as how to use a scooter safely. We will go over how we push with our legs to get us started and then use our feet to help us as well as holding onto the scooter properly. We will also learn that we use the Quadriceps leg muscles when using a scooter. And I will remind the students of safety to keep their own space when on their scooters and if they get too close to someone to move away quickly. Also, I will inform the students that there will be no running behind the scooters and no diving onto the scooters when their turn comes around. After this safety is said, I will check to make sure no student is wearing clothing that could possibly get caught in the wheels of the scooter. If there are students with this type of clothing, I will ask the students to take care of the problem. I will also explain that when I am giving directions their scooters need to be turn upside down with the wheels facing up, not to tempt anyone to play on them with their feet or to stand on them. But, I will probably need to repeat this once the activities begin.

B.) *Fitness Activity:* For the fitness activity, I will have the students do races in groups of five to six around cones on their scooters up and down the gym

floor. Students are to start off behind their cone, go down to the other cone, go around the cone, and come back again. When the students return to their starting position, the next person in line will then do the same until the last person in each group has had a turn. But, when the students return to their starting position, they will need to give the next person in line a high five to signal that it is safe for them to start. And whichever group finishes first wins!

C.) Lesson Focus: For the lesson focus of this activity the students will be playing a game on their scooters. The students will stay in their groups of four or five and will be doing the same thing again, but this time a little different. This game is called healthy eating habits, and for this game the students will be picking up pieces of paper on the floor with pictures of food on it. The goal is to only pick up pictures with healthy foods on it and bring those foods back to their groups. Each group will have their own area of pictures, so the students will not be fighting over who gets what picture. But, the students will have to be careful because there will be unhealthy foods among their pictures as well. If an unhealthy food is picked then that turn is lost by not being able to bring back a healthy food picture. The students will have a certain amount of time to play the game with music. When the music stops and the game is over, the groups will count up how many healthy food pictures they have and whoever has the most will win!

D.) Ending Activity: For the ending of the lesson, I will have the students sit back down in their same groups and we will go over what we have learned that day. I will ask the students questions that go along with the leg muscles we used, how we hold onto the scooter and what we should do to stay safe on our scooters. I will also ask for volunteers to demonstrate to the entire class and me how one uses a scooter.

VIII. Student Assessment: I will assess the students on how well they use their scooters throughout the time they are playing the game. I will make sure they are holding onto the scooter handles correctly and make sure they are moving their legs the correct way to get themselves across the floor. As well as using the scooters

correctly, I will also assess how well the students do in picking the correct foods for a healthy life style. Please see attached rubric for more details.

IX. *Success For All:* For those students who are having trouble working their scooters and using their scooters safely, I would split those students up into groups with other students who I know are using their scooters correctly and have them be taught one more time by their peers. This way not only are they getting to hear the safety one more time and in a different way, but they are also learning from their peers. Also, for these students they can have use of a larger scooter that allows them more room for sitting, or a rolling chair.

X. *Credits:*

- <http://www.pecentral.com>

Assessment Rubric:

Use of Scooter:

- Holds handles correctly **2 points**
- Does not hold handles correctly **0 points**
- Holds handles entire time on scooter **2 points**
- Holds handles some times on scooter **1 point**
- Does not hold handles at all on scooter **0 points**

Use of Legs:

- Pushes off with legs **2 points**
- Does not push off with legs **0 points**
- Uses feet to help **2 points**
- Does not use feet to help **0 points**

Group Work:

- Worked well with students in group **2 points**
- Worked well with some students in group **1 points**
- Did not work well with students in group **0 points**

Total Points:

_____ / 10