



Survival

KEY SKILLS(S) and CONCEPT(S): Math/Addition Skills, Muscular Strength, Teamwork, Cooperation, Anaerobic Fitness

SUGGESTED GRADE LEVEL(S): Grades 3-8

DESCRIPTION:

Organize the class into groups of 5-6 students. One group member is assigned to be the captain and one is assigned to be scribe. The captain picks up a rope, a task sheet and a writing instrument. The scribe is in charge of these items.

Each group is given a task sheet with a list of activities. Some example activities may shooting a basketball, jumping jacks, dribbling a soccer ball, maintaining a balance, etc. Activities should be developmentally appropriate for the age and skill level of the students. Each team begins with the highlighted activity and continues through the list until each activity has been completed.

Once all the tasks have been completed, the activity is over.

OBJECTIVES(S): After completing this lesson, students should be able to: work together in their group, develop cardiovascular and muscular strength and endurance (through various exercises).

SUPPORT NATIONAL STANDARDS FOR PHYSICAL EDUCATION (NASPE, 2004):

- 1 - Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- 3 - Participates regularly in physical activity.
- 5 - Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

MATERIALS NEEDED: Music, jump ropes, task sheets, pencils, items necessary to complete tasks (basketballs, volleyballs, mats, etc.)

TEACHING SUGGESTIONS/TIPS: Encourage cooperation and problem-solving. For example, if one of the tasks is to jump rope 50 times, each member of the group could jump 10 times (5 jumpers x 10 jumps = 50 total jumps).

VARIATIONS AND/OR SUGGESTIONS: In order to encourage cooperation, teams could be required to perform each activity while all members are holding a long rope.

The activities on the task sheet could include academic tasks. For example, students could count the number of baskets they make in one minute and multiply that number by 3. The scribe would be responsible for recording the answer.