



University of Minnesota – Physical Education – Lesson Plan

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Name: Megan Smith

Lesson Name/Number: Micro Lesson #3

Grade Level: 9-10

Unit: Cardio Games

<p>Objectives:</p> <ul style="list-style-type: none">• Students will use agility to run in an unpredictable, dynamic environment of a game situation while playing Mighty Mighty Scoop Noodle Challenge• Students will apply strategy in a game situation playing Mighty Mighty Scoop Noodle Challenge to try to win the game.• Students will work cooperatively with a team while demonstrating good sportsmanship during Mighty Mighty Scoop Noodle Challenge• Students will apply, without reminders, appropriate rules of the game and follow directions and safety procedures while doing the warm-up and playing Mighty Mighty Scoop Noodle Challenge• Students will show outward and verbal signs of enjoyment during physical activity while playing Mighty Mighty Scoop Noodle Challenge• Students will demonstrate acceptance of other's skills and ability levels by including everyone and showing good sportsmanship• Students will work the cardiovascular system and get their heart rate up while running intermittently in Mighty Mighty Scoop Noodle Challenge	<p>Standards:1, 4, 5, 6</p>
<p>Previous Experience: Playing capture the flag type games, basic running and throwing skills</p>	<p>Equipment Needs/Safety: 2 soccer balls, 2 frisbees, and 2 fun noodles, 7 pinnies of one color</p>



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<p>Time:</p> <p>3 min</p> <p>5 min</p> <p>17 min</p>	<p>Instructional Activities (include diagrams) & Assessments:</p> <p>Warm up: Split the class in half by color or number kids off (whatever seems logical.) Give each team a small object to hold such as a die. Tell the students when the music starts they are to jog around the gym, staying away from the equipment on the floor) with their team passing the die around between members in a secretive matter. When the music stops they are to freeze and walk in the middle of the gym. Each team gets three guesses to try to guess which person on the other team has the die in his/her hand.</p> <p>Transition: Tell each team to go sit on opposite sides of the center line of the basketball court facing each other when I say “go.” Once they are sitting on the floor. Ask who has played capture the flag and tell them we are going to play a really fun, similar game to get our heart rates up and work on agility today. Then explain game. After explaining, have each team line up touching the back wall on their side and the game begins when I yell “mighty mighty scoop noodle challenge!” Players are to freeze when they hear a whistle during the game.</p> <p>Mighty Mighty Scoop Noodle Challenge: Split the class into two teams with one on each half of the gym. At the end of each side on the back line of the basketball court is a soccer ball, Frisbee, and fun noodle, spread out with one on each side and on in the middle of the back line. The object of the game is to get all six objects on your side. Each object has an imaginary safety zone of a five foot radius around it where players of the opposing team may run to and stand in safely without being tagged as long as they do not touch the object. If someone touches the object, even by accident, then the safety zone goes away and everyone in it must either run to another object’s safety zone, run and save someone who is down, or run back to his/her side. Players may run, throw, or kick an object back to their side. If thrown, it must be caught in the air. If it hits the ground it goes back to the side where it came from. It can be thrown or kicked to one’s side or thrown or passed then run across. If a player is tagged while running with an object then the object goes back to where it came from and the player sits down where tagged. Once a player successfully brings a new object to his/her side, the object goes on the back line with the other object. If a player is tagged on the opposing team’s side, that player sits down where he/she was tagged and can be rescued when a teammate runs over without getting tagged and tags him/her. They get free backs to their side as long as they hold hands and skip back across the line. They may be tagged if they are not holding</p>	<p>Teaching hints and cues:</p> <ul style="list-style-type: none">• Be secretive when passing die <p>Questions to check for understanding:</p> <ol style="list-style-type: none">1.) What are the three ways to get the objects to your side?2.) How do you win?3.) What happens when you get tagged?4.) How do you get back up and what must you do to get free backs?
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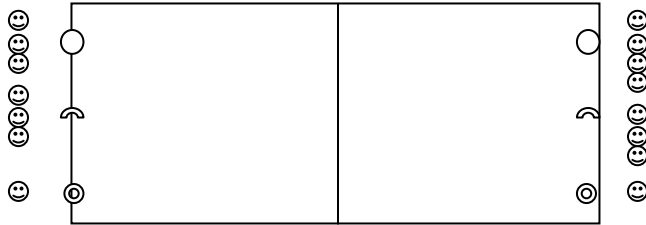
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hands or skipping back. If there is a disagreement about who whether or not someone was tagged, then either a witness will help make the call or if no one saw it then the offensive person is not out, but must return to his/her side. A player may only retrieve one object at a time and may only save one person at a time. Defensive players must stay out of the safety zone.

Closing/transition: Blow the whistle to freeze players and end the game if a team is not about to win when it is time to be done. Ask the winning team to go line up by the door and put their pinnies away if they are wearing them. Then next ask the losing team (go by who won the most games or had the most objects on their side if no one won) to each go pick up an object (one person won't have one) and bring them by the closet and then go line up by the door. Ask the class who had fun today and liked the game and then ask who got a good workout in today before the class may leave.

Starting Set-up



Reflections: