

## Lesson Plan

**Subject:** Physical education

**Grade:** 5 (10 - 11 years old)

**Lesson Objective:** to learn a game "Move and joy".

**Interaction patterns:** Whole class, Group work, Individual work.

### **Starter:**

1. Run around the gym, on the whistle:

- jump as high as you can
- jump around the gym
- walk on your tiptoes/heels
- run and turn left/right round
- run/go back
- run around, touch the floor

2. Stretching:

Breathe and relax. Stretch. Do exercises from your head to your toes. Touch your head, shoulder, back, knees, leg, toes. Stretch your arms and legs. Lean left/right/back/forward very slowly. Bend down, bend back. Do ten knee bends.

### **Main activity:**

**Let's play a game, "Move for Joy"**

Find your partner (scatter formation).

One odd player stands in the centre and alternates between calling:

Stand (sit, lie) face to face, back to back, arm in arm, nose to nose. The students (you) take the positions accordingly. When he/she calls "All change" the students (you) must find new partners and the centre player tries to get one too. The student left without a partner goes to the centre and gives the commands.

**Revision:** Tell to each other what commands you remember and show it.