

Lesson plan of physical education for students in the primary school - Winter sports

Topic: Winter games using sleds - sliding, driving, racing.

Location: school playground

Tasks performed in the field of:

Skills and abilities:

Students:

- can play with friends using a sled,
- develop agility, strength and speed,

The knowledge:

Student:

- know how to warm up your hands in winter,
- know the advantages of active recreation in winter,
- know how to prepare clothes for winter sports,

Attitude:

Students:

- work with a friend in pairs,
- take care of the safety of themselves and others while playing with the sled

Integration class grade 4, 12 students

Duration of the lesson – 45 minutes

Methods:

- closed motor tasks,
- task-oriented - strict,
- direct purposefulness of the movement,

Forms of work:

- individual
- in pairs
- group

Aids devices: sleds, training cones, plastic containers,

Process:

No.	Introductory part	Comments/time
1.	Walking with the sled to the playground. Meeting, checking attendance and readiness for classes. A reference to proper clothing during winter games. Presentation of appendix no. 2 - clothing	Standing in two rows in a corrected stance; 2 minutes
2.	Providing lesson goals, motivating students to actively participate in the lesson. Presentation of appendix no. 1 - sled (words: sled, skids, seat, rope)	
3.	Warming-up: "Snowball tag" - one student selected for tag makes three snowballs and chases those running away by throwing snowballs at them. A hit child becomes a tag. If the thrower misses the tag three times, he must re-form the balls and try his hand at it again. - rubbing hands and fingers without gloves. - with your feet apart - knees straight - making 5 snowballs. - we throw the snowball under the bent knee, once the right one, once the left one - circling the arms back and forth - arms along T, alternating arm circles - circulation of the foot in the ankle - sleds arranged in 2 rows: the class is divided in half - slalom run between the sleds, return in a straight line, - post-delivery step between the sleds, - dizzying jumps over the sled - "train" - students hold hands - slalom of the whole team between the sleds.	Stimulation of the body, preparation for exercise. Command in English: "Make 3 snowballs" 12-13 min The sleds are placed in two rows at a distance of approximately 2 m from each other
	Main part	25 min
1.	"Fine shot" - throwing game. Students prepare 3 snowballs and stand in two rows in front of the cones and throw two snowballs into the plastic containers.	Command in English "Put the snowball into the box"
2.	"An accurate throw in motion" - one of the students pulls the sled, the other sits and has made 2 balls,	

<p>3.</p> <p>4.</p> <p>5.</p>	<p>while passing by the box he throws snowballs to it. On the way back, change of exercisers.</p> <p>"Who will get their luggage faster" - children line up at the starting line in pairs. One is holding a rope, the other is sitting on a sled. On a signal, students take their friends' "luggage" to the place marked with a cone. After identifying the fastest student, we swap places.</p> <p>"Who's next?" – strength play. Students in pairs line up at the starting line. One student sits on the sled, the other stands behind him. The task of the standing student is to push the sled with the competitor as far as possible. Then the person pushing gets on the sled and is pushed and so on until it reaches the finish line.</p> <p>"Slides on their stomachs" - students lie on sleds placed at the starting line, and on a signal, pushing themselves with their hands, they slide to the designated finish line.</p>	<p>Command in English: "Lie on your stomach"</p>
	<p>Final part</p>	<p>5 min</p>
	<p>Recalling the lesson objectives and assessing their implementation. Place the sled in the designated place. Brushing snow off of your clothes. Back to school.</p>	<p>Calming down the body .</p>

Appendix 1



sled, skids, seat, rope

Appendix 2



snowball, throw, racing, cap, scarf, gloves, jacket