

Katie Babcock and Katie Reiter

1st Grade

Balloon Bop

Standards: PED-1.5.2 Demonstrate respect for self and others

PED-1.5.1 Apply rules and procedures in class

Objectives: Students will demonstrate their ability to respect themselves as well as their peers

Learning Activities:

- Students will warm up by doing laps around the gym (run, skip, gallop, run)
- All students will then go to the middle of the gym and listen for directions
- We will be playing a game called Balloon Bop
 - The object of the game is to keep the balloon from hitting the ground
 - The students will work as a team to keep the balloon in the air
 - The students will be given a number and they will go to the designated spot for that number
 - One person in each group will be responsible for getting a balloon for your group
 - Group members that have the balloon will throw the balloon into the air
 - All students in group will hold hands
 - Students will work as a team to keep the balloon in the air
 - The students will shift their feet to move the group to where the balloon is
- Rules:
 - Hands only
 - Students will only use their hands. Students will not be allowed to use their head or feet. If they use their head, there is a chance they could get hit in the face or hit heads with another student. If they use their feet, there is a chance they could kick their peers.
- Demonstrate:
- Katie B, Katie R, Miss Duursma and 3 students will demonstrate how to play the game. We will demonstrate the correct way, the incorrect way and then the correct way again.
- Teacher will ask if there are any questions and then answer all of the questions.
- Teacher will number off the students 1-6 and they will play with that group for 5 minutes. Groups will then join with another group and play again for 5 minutes. (Group 1,2 together, 3,4 and 5,6. Teacher will then put the students in groups of three for 5 minutes. For the last 5 minutes of gym, students will get free time to be able to choose how they want to play with the balloon. The object is to still keep the balloon in the air.
- Bring all of the students back into the middle of the gym and ask them what was the easiest and hardest thing about this activity. What part of the activity did they enjoy the most? Would they like to do this activity in class again?

Assessment: I will observe how the students interact with their peers. I will observe if the students followed the rules that were taught at the beginning of the activity.

Reflection: Katie B took the lead on teaching this lesson to both 1st grade classes. We ran it the same both times, but afterwards found that there were a few things we could change. First off, 30 minutes is not a very long time to achieve everything. We did small groups then a large whole class group. As teacher participants, and from what the students told us, the large group was the hardest. It was also the least fun, because students could move into other people's areas to much making it confusing and clustered.

The most fun was the small groups and after one balloon was played with for a while and they got the hang of it, we would add a second balloon. Some fun other things that we could have done would be an obstacle course of some kind. Or even a race where the group worked as a team to keep the balloon in the air and move from one end of the gym to the other. The students really liked the free time at the end.

They stayed really active with a simple activity with a balloon. They ran around and jumped a lot and I think it was a fun physical activity for them.