

Lesson Title	Creating a well-balanced plate and Yoshi		
Subject	Physical Education and Wellness	Time Duration	40 minutes 11:27-12:08
Grade	Grade 2/3	Teacher	Abbey Ford

General Learning Outcome:	General Outcome A General Outcome C General Outcome D
KUSP's	Wellness: Food guidelines provide information about the variety of foods the body needs. Food guidelines help inform decision making Explore recommendations from a variety of food guidelines to support nutritious decisions Physical Activity: A2–10 create and play body and space awareness games A2–13 select and perform basic skills of running, jumping, throwing in a variety of environments and using various equipment; e.g., catching A3–10 perform and play lead-up games and demonstrate elements of space awareness, effort and relationship A3–11 demonstrate the ability to work together with a teammate/team to achieve a common activity goal while playing and learning the basic strategies of lead-up games C2–3 identify and demonstrate etiquette and fair play C2–4 accept responsibility for assigned roles while participating in physical activity D2–1 express a willingness to participate regularly in physical education class D2–3 demonstrate the ability to listen to directions, follow rules and routines, and stay on-task while participating in physical activity

MATERIALS NEEDED FOR LESSON

- [Plate Worksheet](#)
- Pencil case (grade 2's)

- Two mats
- Hula hoops

PROCEDURE

Lesson		Time
<i>Wellness</i>	Review Assignment - Put a picture of the different food groups and point out some key foods from each group. - Students will draw and colour a well-balanced meal that showcases all 5 groups. Students will also label the food and what group it is a part of.	5 min
	Miss Tracy - Ask miss Tracy to hand out the plate worksheet	10 min
	Work Time - Students will continue to work on completing their plate. - If finished, encourage students to add colour, make it more detailed, or to create another one.	
	Transition to the gym: - Collect their plates. - Ask students to put away and gather their things (grade 2's) - Tell the grade twos to line up first (taking their pencil cases).	

	- Tell grade 2's to put their pencil cases on the bleachers when we arrive at the gym - Reiterate hallway expectations - Tell class to go straight to their home bases.	
<i>Physical Education</i>	Warm up game: Hula hoop race Rules: - Divide class in half - Students hold hands and must get the hula hoop to travel around the circle without separating their hands <u>Game: Yoshi</u> Set up: - Put a mat on either side of the gym - Split team in half Rules: - The objective is to get your entire team onto the opposite mat - When you cross into the other teams zone, they can tag you. - If you get tagged, another person from your team must save you by running and linking arms with you. They get a safe walk back. Miss Tracy: - Ask miss Tracy to help grab mats	5 min 15 min
<i>Closure</i>	• Get students to pick up the mats and slide them to the equipment room door. • Get to students to line up at the door. • Restate expectations for walking in the hallway.	5 minute
Assessment	Checklist: - Based on students sportsman ship, effort, and participation	

