

- 4.K-1.1 Respond positively to reminders of appropriate safety procedures
- 4.K-2.1 Follow instructions while participating in physical education activities
- 4.K-1.3 Work independently and safely in self and shared space
- 4.1-1.1 Respond positively to reminders of appropriate safety procedures
- 4.1-2.1 Follow instructions and class procedures while participating in physical education activities
- 4.1-1.3 Demonstrate individual work safely around others and in a shared space
- 4.2-1.1 Respond positively to reminders of appropriate safety procedures
- 4.2-2.1 Apply proper class procedures while participating in physical education activities
- 4.K-2.2 Demonstrate cooperation and consideration of others in partner and group physical activities
  
- 4.3-1.1 Exhibits personal responsibility in teacher-directed physical activities
- 4.3-2.4 Demonstrate cooperation with others when resolving conflict during game play and sharing equipment
- 4.4-1.1 Exhibits responsible behavior in small sided game activities
- 4.4-1.3 Participate in team activities and stay on task with prompts and encouragement from others
- 4.4-2.4 Demonstrate cooperation with others when resolving conflict during skill practice and game play
- 4.5 1.1 Assesses adherence to rules, etiquette, and fair play of various games and activities
- 4.5-1.2 Model good sportsmanship to ensure safe play in team activities
- 4.5-2.4 Demonstrate cooperation with others when resolving conflict during skills practice and game play

**I can...**

**Cooperate with others and resolve conflict during a game and sharing equipment.  
Participate in team activities responsibly and encourage others to stay on task.**

**DOK 1**

**What is conflict?**

**What does responsibility mean?**

**DOK 2**

**What types of conflict may occur during game play?**

**DOK 3**

**How can you resolve conflicts responsibly?**

**DOK 4**

**Can you design a system to resolve conflict in a responsible manner?**

## **Introduction- Instant activity**

Walk, Trot, jog, gallop, skip, shuffle ...

Students will pair up with a walking partner and walk side by side around court while passing a ball with each other. On the signal they will change to different warm up activities on signal. ( walk, trot, jog....)

## **Fitness Challenge**

Partners will complete upper/ lower body challenge with ball. (one student performs 5 pushups while their partner holds a ball between their shoulders and perform squats.)

Partners complete core challenge (sitting feet to feet, complete 20 handoffs with the ball. ( sit up and stretch to hand ball to partner)

## **Team Building**

Students will get into groups of 4 or 5 around a different color hula hoop and begin to underhand toss a ball in a pattern that they choose.

Students continue the pattern while moving around the hoop. (clockwise and anti clockwise)

Reverse the pattern. While they are tossing in a pattern, groups will decide on their jobs.

1. Referee- resolves conflict with other teams referee
2. Captain - leads huddle and team discussion
3. Equipment Manager- receives and replaces team equipment
4. Cheerleader/ Mascot - keeps the team in good spirit
5. Equipment manager 2.

Groups line up shoulder to shoulder on one end of the playing field and lateral pass the ball to the other end of the playing field. (this is how we will pass during the game.

## **Main Activity**

Teams will compete with each other in a modified game of rugby. Rugby is a sport that originated in England and is now played all over the world. It is similar to American Football except forward passes are not allowed. Also, everyone plays offense and defence, and any one can handle the ball and score. To score, a player must cross the teams goal line and place the ball on the ground. All new play begins at center field and teams have six passes to score. If a team does not score after six passes, the ball is placed in the middle of the field and the other

team attempts to score. All passes must be lateral and you must stop running if you are two hand touched. When you are touched, you have five seconds to pass to a teammate. If you don't pass before time is up, the ball goes to the other team at the mid field. Players may intercept the ball. If a ball is intercepted play continues from the spot of the interception.

Modifications: player may punt the ball forward to another player on their team, but the other team may pick it up if it is on the ground.

Equipment: footballs or balls 1 per pair

Colored vest

Hoops

cones