



Rio Grande Educational Collaborative

Before and After School Program Lesson Plan

TITLE OF LESSON: Capture the Flag

DATE:

SITE NAME:

CLASS SIZE:

NAME(S) OF INSTRUCTOR:

DURATION OF LESSON:

CREDIT (website used/name of author): Kevin Saavedra

STANDARDS:

NMAC 6.29.9 Physical Education

-Content standard 1: Demonstrates competency in many movement forms and proficiency in a few movement forms

-Content standard 2: Applies movement concepts and principles to the learning and development of motor skills

LEARNING OBJECTIVES:

Students will understand the following:

- Strategize as a team to achieve a common goal.

ACTIVITY:

Instructional Sequence:

(Step by step instructions, should another instructor pick up and teach the lesson successfully)

Before the game, divide the playing field (preferably something with lots of obstacles, like a park or playground instead of just an empty field) into two relatively even halves using cones or other boundary markers. Instructor will act as the referee.

Explain the rules of the game to students before playing.

1. Each team takes a bandana that will act as their flag and places it somewhere on their side. They can hide it, but it must be easily accessible (not in a tree, not underground, etc.)
2. Tell students to take 30 steps away from the flag and mark a circle around it. Again, they can use cones, rocks, or other markers if they can't just draw in the dirt. They may not enter that circle until someone from the opposing team does. If they do, they must sit down for 30 seconds and cannot move.
3. Each team must designate a spot to be their "jail." When guarding the jail area, players must be at least ten steps away. At random intervals, the instructor can call a "jailbreak" to let out students who have been in jail for a while.
4. Players can tag other members from the other team as long as they are on opposite sides. Flag belts (the kind used for flag football) are recommended so there will be no question of whether or not someone was tagged since pulling a belt off of someone is pretty obvious.
5. The goal is to grab the flag from the other team and carry it back to their team's side. If the student is tagged while holding the flag, they must go to jail and the owners of the flag must return the flag to its boundary. The flag can be passed from one carrier to the next.

MATERIALS:

The following materials or equipment needed for this lesson:

(Include special equipment request)

- Bandanas (two different colors)
- Cones
- Flag belts (optional but highly recommended)

SIGNATURE: _____ **DATE:** _____

SITE SUPERVISOR'S SIGNATURE: _____ **DATE:** _____

INSTRUCTOR'S REFLECTION:

Reflection on the lesson given:

1. How many students participated in the lesson given? _____
2. Name(s) of instructors participated. _____
3. How long did your lesson take? (Amount of time) _____
4. How did the students feel about the lesson? _____
5. Did the students like the lesson? _____
6. What part of the lesson did the students like? _____

7. What part of the lesson did the students not like? _____

8. Were the students interested in the topic of the lesson? _____
9. Was the content of the lesson difficult for the students? _____
10. What could you have changed to make the lesson interesting? _____

11. Did you have any trouble getting your lesson together? (Idea & Materials) _____

12. How do you rate your lesson? (1-10) Why? _____

SITE SUPERVISOR'S REFLECTION:

Reflection on the instructor's lesson:

1. How many students participated in lesson? _____
2. How many instructors participated in lesson? _____
3. Did the students enjoy the lesson? _____
4. What part did the students enjoy? _____

5. What part did the students NOT enjoy? _____

6. What could have been changed to make the lesson interesting? _____

7. Was the content of this lesson difficult for students to understand? Why? _____

8. What part of STEAM or literacy was used? (Science, Technology, Engineering, Art, Mathematics or Literacy)

9. Comments: _____

