



# Rio Grande Educational Collaborative Before and After School Program Lesson Plan

**TITLE OF LESSON:** Lava Flow

**DATE:**

**SITE NAME:**

**CLASS SIZE:**

**NAME(S) OF INSTRUCTOR:**

**DURATION OF LESSON:**

**CREDIT (website used/name of author):**

**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:**

- Working as a team and coordinating

## **ACTIVITY:**

### **Instructional Sequence:**

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

1. Designate what section of the ground cannot be touched because it's a river of lava that extends all the way around the earth.
2. Explain to students that their goal is to cross from one side of this imaginary lava flow using their mats. These are the only things they are allowed to touch. If they touch the lava, the whole team gets sent back.
3. Add and modify rules to prevent cheating but also accommodate. For example, students shouldn't shuffle and scoot with their mats; they can't pick up their mats once they're placed down; they can touch the lava with their hand; etc..
4. Once they cross, repeat the process by mixing it up by adding new obstacles or difficulties. Take away mats from half the students. Tell them they can't win unless everyone steps onto the other side simultaneously. Make select students crawl or put a hand behind their back. Give them an object they have to carry across or a time limit.

## **MATERIALS:**

**The following materials or equipment needed for this lesson:**

(Include special equipment request)

- Carpet squares, hula hoops, bases (anything the students can stand on and pick up)

**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: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_