



# Rio Grande Educational Collaborative

## Before and After School Program Lesson Plan

**TITLE OF LESSON:** Minute-To-Win-It Challenges

**DATE:**

**SITE NAME:**

**CLASS SIZE:**

**NAME(S) OF INSTRUCTOR:**

**DURATION OF LESSON:**

**CREDIT (website used/name of author):** <https://www.thebudgetdiet.com/top-30-minute-to-win-it-games#nosedive>

**COMMON CORE STANDARDS:** CCSS.ELA-LITERACY.SL.1.4, CCSS.ELA-LITERACY.SL.3.1.B, CCSS.ELA-LITERACY.SL.5.1.B

### LEARNING OBJECTIVES:

**Students will understand the following:**

- How to apply learned skills from other disciplines towards an unfamiliar task

### ACTIVITY:

#### Instructional Sequence:

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

Explain to students that they will be participating in a series of challenges where they will have a minute to complete each. You can arrange this however you'd like, with students being eliminated to find a champion, or every student participating in each game.

Examples of a few potential games:

**Book Balance:**

Players have to balance three books on their head.

**Nose Dive:**

The player coats their nose in vaseline and tries to transfer cotton balls from one container to another using just their nose.

**Sticky Situation:**

Spread peanut butter or vaseline on a plate. Players will have to bounce the ball off the floor and onto the sticky stuff.

**Mega Bubble:**

The player uses a pipe cleaner to blow bubbles through a hula hoop three feet away.

**Bucket Head:**

The player bounces a ping-pong ball off the floor, onto the wall, and into a bucket that they hold on their head.

**Defying Gravity:**

Blow up three balloons. The player has to toss all three of them up and keep them in the air.

**Noodling Around:**

Players have to thread five tube noodles using a thin spaghetti noodle.

### MATERIALS:

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

(Include special equipment request)

- Plastic Plate
- Ping-pong ball
- Vaseline
- Cotton Balls
- Tissue Boxes
- Hula Hoops
- Dish Soap
- Spaghetti Noodles
- Pipe cleaners

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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