



Rio Grande Educational Collaborative Before and After School Program Lesson Plan

TITLE OF LESSON: Ninja Warrior

SITE NAME:

NAME(S) OF INSTRUCTOR:

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

DATE:

CLASS SIZE:

DURATION OF LESSON:

LEARNING OBJECTIVES:

Students will understand the following:

- Participate in friendly competition and practice patience while watching other students.

ACTIVITY:

Instructional Sequence:

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

Over the course of several periods (specifically during recess) spend time with the students planning obstacle courses on the playground. There should be four courses going from easy to very hard. The easiest course should be possible for everyone to complete while the hardest course should be difficult for even the oldest students.

Example of an easy course:

- Go across the monkey bars
- Slide down the small slide
- Climb up the medium slide
- Climb down the rock wall

Example of a hard course:

- Run up the steep slide
- Climb across the monkey bars with arms and legs
- Use only small footholds on the rock wall
- Climb the fireman's pole from the bottom to the top

Playing Ninja Warrior:

1. Take students to the playground and line them up by grade level.
2. Demonstrate the first course yourself (or use a student) and run each student through the course one by one.
3. As an added layer of challenge, use a stopwatch and tell students that they have to complete it within a certain time. Trial runs should be done during other recess periods to make sure the time limit is reasonable.
4. If students fail a course, then they can still participate in the other courses, but they can't win the competition.
5. Only students who complete all four courses can win.

MATERIALS:

The following materials or equipment needed for this lesson:

(Include special equipment request)

- Playground
- Stopwatch

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: _____

