

## Physical Education

### Lesson Planning Form

\*IF YOU WANT TO SKIP TO THE DIRECTIONS SCROLL TO THE BOTTOM\*

**I. Major Topic:** Capture the Beanbag **Grade Level:** K-8

**II. Materials:** Cones and scarves

**III. PE Standards:**

Standard 4: Exhibits responsible, personal and social behavior that respects self and others.

Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

**IV. Objective(s):**

By the end of the lesson, the students will:

- Be using **dodging and fleeing skills** while playing capture the flag.

**V. Procedures:**

**Steps/Learning Activities/Differentiated instruction**

1. Attendance
2. Warm-up
  - a. Yoga stretches  
(tree pose, cobra pose, downward dog, happy baby, rag doll, peacock pose, swan pose, triangle pose, cat pose)

### 3. Capture the Flag Directions

- I will break the students up into 2 equal teams.
- One team will have jerseys on so students can tell who is on each time.
- The teams will be separated by the center line in the gymnasium.
- There will be 4 cones set up in the corner for both teams in the shape of a square with a flag in the center.
- To get the flag, a student must cross the half court line and retrieve the flag from the opposite teams corner and successfully bring it back to their side of the court without getting tagged.
- If a student gets tagged while on the other teams side, they are frozen.
- To get unfrozen, someone from your team has to cross over to the opposite side and tag your hand to bring you back to your team. Both players get a free walk back to their team in this case.
- If a player makes it over to the opposite teams side and gets into their corner, that is a safe zone. They can't be tagged there. They however, have to try to get the flag out of that safe zone and back to their side to win the game!
- If a player gets tagged trying to come back to their side and they have the flag, they must put the flag back and they are frozen on that side until someone comes to save them.
- The game is over when one team is able to get the opposite teams flag!