

Physical Education
Lesson Planning Form

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

I. Major Topic: Duck Duck Goose **Grade Level:** Pre-K-2

II. Materials: None!

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:

- Use **dodging and fleeing skills** when playing duck duck goose.

V. Procedures:

Steps/Learning Activities/Differentiated instruction

1. Attendance
2. Warm-up
 - a. 3 laps around the gym
 - b. 10 jumping jacks
 - c. 10 crunches
 - d. 30 second plank

3. Duck Duck Goose Directions

- Have all the students form and circle and then ask them to sit down criss cross applesauce keeping the same circle formation.
- Choose one student to be the first “ducker”.
- That person will walk around the circle and tap every student’s head around the circle saying “duck”, “duck”, “duck”, until they get to someone that they’d like to say “goose” to.
- When a student is chosen, they will stand up and chase the “ducker” around the circle 1 full time around the circle.
- The student who was the “ducker” will try to get back to the person’s seat that they “goosed” before getting tagged.
- If they get tagged, they must go to the center of the circle until the next round, then they can return to their original seat.
- If they don’t get tagged, they remain in that person’s spot that they “goosed”.
- If the original “ducker” gets tagged or not, the person who was “goosed” is the new “ducker” and the game starts again!