

Physical Education

Lesson Planning Form

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

I. Major Topic: Toilet Tag

Grade Level: PreK-2

II. Materials: Jerseys

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:

- Learn how to **dodge** someone who is trying to tag them when playing toilet tag.
- **Follow instructions** to a game.

V. Procedures:

Steps/Learning Activities/Differentiated instruction

1. Attendance
2. Warm-up
 - a. Two laps around the gymnasium
 - b. 10 burpees
 - c. Set of lunges to the opposite end line of the gymnasium
 - d. Skip back to the other end line

3. Toilet Tag Directions

- I will choose 2-3 students to be the taggers. They will receive a jersey.
- All the other students will spread out around the gym.
- If someone gets tagged, they will kneel down on one knee and put an arm up.
- To get unfrozen someone has to come over and “flush” the toilet by moving their arm down.
- To make it a little funny, the person who is “unfreezing” the student can sit on their knee that is bent and say FLUSH! Check to make sure students ALL feel comfortable with that before including this in the rules.
- Both players are then back in the game and they can run. We will switch taggers several times.