

LEVEL	UNIT	LESSON Number 4	EQUIPMENT
First Grade	Flag Football	Cooperation	Bean Bags, Music, Boom Box

Objectives

1. The students will help at least three people while playing frozen bean bag.
2. The students will have fun.
3. The students will move safely while playing and working with each other.
4. The students will work cooperatively to balance the ball between three different teacher directed body parts with their partner.
5. The students will choose at least two different body parts to balance the ball between with their partner.

Activity	Time (Minutes)	Procedure	Comments/Set-up/ Diagram
Part 1	10	<p>Frozen Bean Bag</p> <p>Begin with everyone having a bean bag on their head. The bean bag is the battery. Without it the students have no power to move around. They may not touch their own battery. As they move around the space, they will try not to let the bean bag fall off their heads. If it does fall off, they must remain frozen in place until someone who has their battery in tact, comes to save them. They must place the bean bag back on the frozen person=s head. If the bean bag falls off the head of the helper, they are frozen too, and must wait for someone to help them before they can continue to help the person they were helping! The students may not cause other people=s bean bags to fall off on purpose, since that is defeating the whole idea of the game.</p> <p>Hint: Suggest to the class that they will either all win or not win as a team. If at the end of the activity, everyone has their bean bag on their head, the whole class wins. So try to help people as quickly as possible.</p> <p>“When I say go, get a bean bag and find an own space. When you are in your own space, put your bean bag on the ground and look at me. You have five seconds to get your bean bag and find the own space. Go”.</p> <p>I will choose one color bean bag to be the starters. Those six people will place their bean bag on their head and begin moving around to others, helping them by placing their bean bags on their heads to get them started.</p>	<p>Have your bean bags spread out in hoops around the outside of your playing space. If the students don’t move safely to get the bean bags, then put them back and have them start again. Be sure to discuss the concept of everyone getting a bean bag, and following the safety rules while they get their equipment as well as when they play.</p>
Part 2 & 3	20	<p><u>Choo Choo Train</u></p> <p>Two children form a train and chug around the gym maintaining contact by keeping both hands on the hips (or shoulders) of the child immediately in front of them. Play music as they travel. Each time the music stops, they must find one other train to link with. Cars begin to link together until there is one big train moving in unison. With each new link, the conductor (teacher or child) can see if the train can go up a steep hill really slowly, swoosh down the hill, go backwards, get the cars really close together, make train noises, squat down to go through a low tunnel.</p> <p><u>Ball Balance</u></p> <p>In this game one ball or balloon is shared by two children, who try to hold the ball between them without using their hands. First with teacher direction and then self directed, see how many different ways they can balance the ball between them (head to head, side to side, stomach to stomach, back to back, and so on) and can attempt to move around the room holding the ball in different ways. With the ball balanced forehead to forehead, they can both attempt to bend forward to touch their knees, touch their toes, both squat down, and so on. They can then attempt to go through a hanging hoop or an obstacle course. Alternatively, they can try to balance two or three balls between them or balance the ball(s) in groups of three and four and so on. One student suggested they try to balance all the balls between all the children. Naturally we tried it. They weren't totally successful but they had a lot of fun in the process.</p> <p>Another variation is to have partners form a circle and see if they can pass a series of balls</p>	

		from one set of partners to another without using their hands, or pick up a ball (or water balloon) off the floor using heads only or backs only. Some of the children tried to make a beach-ball train by standing in a line and placing a beach ball between each person. Many children can link up in this manner to make a big train, which moves around the gym. Some of the students tried to hold bean bags between their bodies while moving around the gym and through an obstacle course. This provides an interesting challenge and certainly brings the children into close contact.	
Closure	2	What different body parts did you balance the ball between? What did you have to do with your group or partner to be able to do all these fun activities?	