

LESSON PLAN

LEARNING TARGET: To warm up and prepare appropriately for different activities. Develop skills and tactics.

LEARNING OUTCOMES: How to:

- warm up and avoid unnecessary injuries
- review tactics to increase your chance of winning.



GLOBAL DIMENSION CONCEPT/S INCLUDED: CONFLICT RESOLUTION / SOCIAL JUSTICE / VALUES & PERCEPTIONS / SUSTAINABLE DEVELOPMENT / INTERDEPENDENCE / HUMAN RIGHTS / **DIVERSITY** / **GLOBAL CITIZENSHIP**

CURRICULUM

Selecting and applying skills, tactics and compositional ideas

2 b) vary the way they perform skills by using simple tactics and movement phases

RESOURCES

The supporting PowerPoint for this lesson can be downloaded from our website at www.worldleprosyweek.org under Free lessons Key Stage One

KEY WORDS

Snake
Tactics
Strategy
Warm Up
Review

LESSON ACTIVITIES

Teacher's Notes

A key part of this lesson is encouraging the children to always review and improve their tactics. This skill can be used with any type of game. You could choose to play football instead as this is probably Nigeria's best-loved sport. Instead of using a football you could make a football out of plastic bags (tightly wrapped together) as many children in Nigeria have never had the chance to use a real football.

Introduction

Share with the children that it is World Leprosy Week (26 – 30 January). This year The Leprosy Mission is focusing on a project in Chanchaga, a rural village in Nigeria. During this lesson we will be playing a couple of Nigerian games.

Warm up

Before we play the games it is important we always warm up to avoid injuries.

Jog to the nearest wall / fence and back.

Spread children out. Have your feet shoulder-width apart.

Hands down by your side and lean slowly to your left, pause; slowly back to the top and then the other side. Repeat five times.

Lift your right arm, bend your elbow and put your hand over your shoulder and behind your back. Repeat five times and then do the same with the other arm.

Arms stretched out to either side, now start making a circle (tennis ball size) and slowly increase size of circles until it is the size of a beach ball.

Hands on hips and rotate your waist, slowly, clockwise five times and then anticlockwise.

Lift the back of one foot (keeping toes on the ground) and rotate your ankle five times – then your other ankle.

Feet together, bend your left leg behind you (if the children struggle to balance tell them to use their opposite hand to touch their ear – helps counterbalance). Hold the leg for 10 seconds and then the other. Repeat three times.

Rotate shoulders 10 times, both forwards and backwards.

Rotate head (in semicircle) clockwise and then anticlockwise.

Shake off arms and legs and then slow jog to fence and back.



Nigerian games

Children in Nigeria love playing lots of different games. Most of the children do not have a TV or PlayStation etc. Instead they love playing outside and making up lots of their own games (they also love playing football – they often make a football by tying lots of plastic bags together). Today we are going to look at two games they enjoy, which you may have played before. They are Catch Your Tail and Snake.

Catch Your Tail

Separate the children into teams of roughly five children. Each team should form a line by holding hands. The last person in the line should tuck a corner of a handkerchief or scarf (the 'tails') into their pocket or belt. The first person in the line leads the rest of the team, and each team tries to snatch a 'tail' from one of the other teams. When one team catches another tail that team (the one that lost the tail) are out. Keep playing until there is one team left.

Adapt strategy and tactics

After the first game bring the children back round. Ask how they could improve their chances of winning (apart from cheating!). They could make sure each team player is keeping an eye out in the opposite direction to ensure they keep aware of where the other teams are.

They could also make sure they protect their tail from the other teams by ensuring they move the head of the line in the way of the attacking line.

It may also be possible to try and corner a team making sure that their tail is behind them when they try and catch the other team.

Play again making use of the tactics discussed and review at the end of the next game. Did the tactics help? Is there anything else they can do?

Snake

Choose one child to be the snake's head. This child must then try to catch another player, who must then join hands with the snake head and become the tail. Together they then both try to catch more players who become either a new snake head or tail and the game continues until everyone is caught, or the last person to be caught is the winner.

Remember to review each game and reflect on how they can improve their tactics.

Plenary

Remind the children that it is important to always stop and think how they can improve the game they are playing. Just like the way a coach talks to a team at half-time and reviews their tactics, so we can do the same with any activity / game we play. If there is time you could ask the children to imagine they are on holiday with no electricity (so they can't play on their PlayStation). What game can they come up with?