**LESSON: Gym- Fruit Salad**

**MATERIALS:
-**Different coloured pinnies

**ASSESSMENT:**- Observation of students helping others who have been caught

-Students using their eyes to scan where they are going before moving into the space

**ACCOMODATIONS:
-** N.A.

**Rationale:** -Students will work on learning to control their bodies based on the game rules.

-Students will work as a team

**BIG IDEAS:**- Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being
-Learning how to participate and move our bodies in different physical activities helps us develop physical literacy
**CURRICULAR COMPENTENCIES:**- Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments
-Participate daily in physical activity at moderate to vigorous intensity levels
**CONTENT:**- Proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills
-Ways to monitor physical exertion levels

**LEARNING INTENTIONS:**

**Curricular**:
- I can control my body and play according to the rules

**Successful Learner Traits**:
- I am enthusiastic

**Teaching sequence continued:**

**-**Be strategic if you are a fruit. Work together to tag as many students as possible

**-**When you are running around, make sure not to bump into anybody. Only run facing forwards so there are no collisions.

**TEACHING SEQUENCE:**

1. Choose 4 students to be fruits (determine fruits with students)

2. Explain the rules of the game

- If a fruit tags you, you freeze into a certain shape that represents that fruit.

- Students stays like the fruit until someone who is free does a certain action to free the fruit (peeling banana)

- Point of the game is to work together to make sure students don’t stay frozen as fruits

- Explain that if someone is standing there for a long time, go save him/her