**LESSON:** Helicopters

**MATERIALS:
-** pool noodles
- pinnies for each group
- benches

**ASSESSMENT:**- Students are following directions and rules
- Students are using their eyes to watch where they’re going
- Students are listening for their group to be called

**ACCOMODATIONS:
-** N/A

**LEARNING INTENTIONS:
Curricular**:
- I can play cooperatively with my classmates. I can avoid accidents by looking where I’m going. I can listen for instructions

**Successful Learner Traits**:
- I am a risk taker

**TEACHING SEQUENCE:**1. 2 laps, sit down in middle circle

2. Explain game:
 - one bench tilted onto side in each corner
 - 3-4 people are “it” with pool noodles
 - give instruction for each color team to “fly” to another color
 - students try not to get tagged by pool noodle
 - if they get tagged, stay at the color you came from
 - switch “it” people part way through

**Rationale:**

**-** For students to practice their listening skills and to follow rules correctly

**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 safety, fair play, and leadership in physical activities
- Develop and demonstrate respectful behaviour when participating in activities with others

**CONTENT:**- Effects of physical activity on the body
- Proper technique for fundamental movement skills

**Teaching sequence continued:**