**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:**