

## LESSON PLAN C

# GAME ON!

**Time Frame:** 30–45 minutes

### Children will:

- Learn classic games that are easy to play at home or at school.
- Practice social skills and collaborative skills while playing with other children.
- Discover new ways to stay physically active in their free time.

### Materials:

- Chairs
- Music player and music

### **Overview:**

Teach very simple games that can be played at school or at home. Encourage children to teach their parents and siblings and friends. Traditional games like Simon Says, Musical Chairs, Red Light Green Light, Hop-Scotch, Hide-and-Seek and Follow the Leader are fun and easy to play with a large group or just a handful of people.

Refer to these guides from SPARK PE to teach younger children how to do basic movements:

Locomotor Skills Cards / SPARK PE

[https://sparkpe.org/wp-content/uploads/EC\\_Locomotor\\_Skill\\_Cards.pdf](https://sparkpe.org/wp-content/uploads/EC_Locomotor_Skill_Cards.pdf)

Step-by-step instructions for teaching children how to Run, Jump, Gallop, Hop, Side-Slide, Skip and Leap

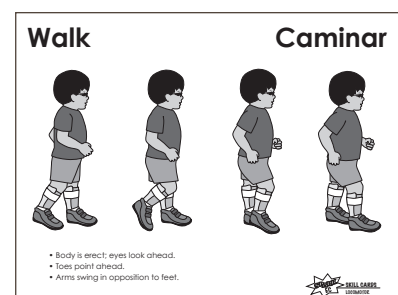
### Part A. Simon Says

This is a great game for teachers to lead, as they can choose actions that are developmentally appropriate and good for building coordination, strength, agility and gross motor skills.

### **Instructions:**

Explain the rules to your class:

1. The teacher calls out instructions, preceded by the words “Simon Says.”
2. If the teacher does *not* say “Simon Says,” then the children should stay put.
3. Anyone who follows the instructions anyway is out of the game. (Remind children this game is mostly about listening!)
4. Give instructions like the following, and mix things up with some funny ideas offered by the kids as well.
5. Once they get the hang of the game, increase the activity level with some fun sports themed movements.



Locomotor Skills Card

**Warm Ups**

Simon says... walk on tip-toes  
Hop like a rabbit  
Walk backwards or forwards  
Turn around  
Squat down and jump like a frog  
Run  
Stop!  
Jump up and down on both feet  
Stomp like a dinosaur  
Balance on one leg for 4 seconds

**Sports Theme**

Simon Says... swim!  
Do the dog paddle  
Do the crawl  
Do the back crawl  
Do the breast stroke  
Swim like a turtle  
Swim like a shark

Simon Says... play ball!  
Shoot a basketball  
Swing a baseball bat  
Throw a football  
Kick a soccer ball

Simon Says... dance!  
Do a ballet twirl  
Tap dance  
Dance like a rock star  
Dance like a chicken

**Part B. Musical Chairs**

This is just like the old-fashioned game, but played with fun “party music” to get kids pumped up to move and play.

**Preparation:**

- Find some upbeat music that’s fun and energetic. As teacher, you’ll play DJ and referee, so make sure the music is organized ahead of time and that you have a music player that’s easy to stop and start.
- Set up chairs in two rows, back to back. Count the number of players, and use that number of chairs minus one.

**Instructions:**

Explain the rules to your class:

When they hear music, they march. When the music stops, they run and find the nearest seat. The player left standing is out, and one more chair is removed from the game. The music and marching continues until only one person (the winner) remains.

Make some rules so that it doesn't get too chaotic. You can tell children to "walk, not run" or else to march. Marching is a good way to regulate the speed and body control while they move around the circle of chairs. For instance:

- When the music is playing, march in a circle around the chairs.
- When the music stops, you stop too — and then quickly sit down in the nearest chair.
- For this part, you need to be quick on your feet! If you don't get a seat, you'll be out of the game until the next round.

### **Part C. Red Light, Green Light**

Put a spin on this traditional game by adding a "yellow light" step. Children enjoy some laughs and physical activity while practicing their listening skills and self-control.

#### **Instructions:**

Explain the rules of the game to your students: The traffic cop will yell out different commands, so you must listen carefully. When you hear "green light," you run. When you hear "yellow light," you move in slow motion [model what this means]. When you hear "red light," you must stop in your tracks and stay frozen until you hear "green light" again. If you move, you'll have to go back to the starting line. Any questions?

[The teacher plays the role of traffic cop for the first round.]

1. Students line up on the starting line, while the traffic cop stands about 5 feet away.
2. When they are ready, the traffic cop turns around and faces the other way.
3. When the traffic cop yells out "green light," the students try to run to the finish line.
4. When the traffic cop says "red light" and spins around, the students have to freeze on the spot! Anyone caught moving must return to the starting line.
5. The students must stay still until the next "green light" is called out by the cop.
6. The game continues until someone is able to tag the traffic cop. Then that person gets the job.

**Variations:** For younger students, it's easier if the traffic cop faces them throughout the game. For older students, you can mix things up by calling out different movements along with the commands. For instance, "green light — hop like a kangaroo!"

#### **Family Connection:**

Each time you learn a new game at school, go home and play it with your family! Musical chairs can be played with four chairs, back to back in a small room. Simon Says can be played anytime, anywhere!

#### **Standards Alignment:**

NAEYC

2.C.04 Children have varied opportunities and are provided equipment to engage in large motor experiences that:

- stimulate a variety of skills.
- enhance sensory-motor integration.
- develop controlled movement (balance, strength, coordination).
- enable children with varying abilities to have large-motor experiences similar to those of their peers.
- range from familiar to new and challenging.
- help them learn physical games with rules and structure.