** LESSON PLAN** 

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| **SCHOOL** | Szkoła Podstawowa nr 2 im. K.K.Baczyńskiego w Puławach |
| **THEMATIC AREA**  | RESOURCES |
| **TEACHER** | Hanna Śliwczyńska |
| **SUBJECT**  | Eco-friendly PE lesson with the usage of unusual objects. |
|  **AGE GROUP**(approximately) | 10-13 (older groups) |
| **TIME REQUIRED** | 45 minutes |
| **PLACE** | School gym |
| **LESSON OBJECTIVES** | * Developing motor skills through games with the usage of unusual objects;
* Cooperation and team work.
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| **LESSONS YOU CAN USE** | * PE
* Language for translation in English
* Ecology
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| **CLASS ORGANISATION** | * Team work
* Group work
* Individual work
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| **MATERIALS** | 0.5 liter bottles of water, cans of various sizes, rolls of paper towels, toilet paper rolls, plastic bottle caps. |
| **ICT TOOLS** | - |
| **PROCEDURE** | * Warm-up 🡪 Each student holds a bottle of water in his or her hands

**Shaping exercises with bottles:**shoulders exercises: shoulder circling, shoulder swings, transferring bottles from hand to band.Trunk exercises: bends, side bends, squatsSeated exercises – transferring the bottle under legs (abdominal muscles exercise)Exercises in lying on back position - hips raised, feet set on the floor, transferring the bottle under the hips and over the belly.Lying face down exercises - exercise the muscles of the back – transferring the bottle from hand to hand with raised trunk.Skip ASkip CSide to sideCrossovers* Main part of the class:
1. Relay race with a relay baton

Students divided into 3 rows.They run with the baton, bypass the post and give the relay baton to the next person in a row.Instead of a relay baton they use paper towel rolls.The winning team is the one, which finishes the task first.1. A throw in a box using various objects:large cans, small cans, rolls of toilet paper, bottle caps, paper towel rolls, empty bottles.

Wins the team with the highest level of accuracy.1. A shot with a can to a carton box.

 Students, using a hockey stick, hit a can which aims at the box. Wins the team with the highest level of accuracy.1. Carrying items from one box to another:

 There are various items in one box(cans, rolls, jams, bottles). A  running student chooses one item and places it in the second  box, passes the post and joins his team. The fastest team wins. |
| **EVALUATION** | Thanks for the usage of unusual items students take part in the lesson more intensively and with a greater interest. They engage more in performing the exercises. Final question: Is it possible to conduct PE lesson without the usual tools? |
| **ATTACHEMENTS** | Photos taken during the lesson |