Ski to the Finish Line

This plan will allow students to practice coordination while staying physical. Students will demonstrate moving straight, backwards, and in a zig-zag pattern.

Grade Level: K - 2nd
Subject: P.E.
Length of Time: 10 - 40 Minutes

Objectives & Outcomes
Learners will be able to demonstrate age appropriate physical skills while ‘skiing’.

Materials Needed
- Two paper plates per student
- Plastic will also work if strings are tied onto shoes with same strings punched through plates. *Plastic plates are slick and may cause falls*
- Cones

Procedure

Opening to Lesson
Begin by telling students that they are going to go skiing today. Have a student volunteer show what it means to walk forward, backwards, and in a zig-zag pattern.

Body of Lesson
- Explain to students that they will practice the demonstrated movements as if they are on skis, but since it cannot snow in the gym/classroom they have to pretend.
- Give each student a pair of ‘skis’.
- Two paper plates.
- Have them stand on the paper plates.
- Tell students that to ski they cannot lift their feet off the plate.
- Set up cones for students to ski through and around.
- Have students go through the cones in the pattern of your choice to demonstrate skills. *Having several sets of cones set up so multiple students can participate at once.
- Time permitting let students ski the course as a relay with other students.

Closing
Have students share how they feel about skiing. Ask if any one move was harder than the others and why.
Assessment & Evaluation
Students will take turns completing a simple course in which they must move forward, backwards, and in a zig-zag pattern.

Modification & Differentiation
For those with physical disabilities try omitting the plates and simply moving in the correct directions.

Related Lesson Plans

And Freeze!
Students will practice listening skills and basic physical concepts as required in physical education class. Students will also work on balance and coordination.

Music Movement
The students will move to the music based on its beat, words, tune, and other variables.

Coordination Course
This plan will allow students to practice coordination while staying physical.

Bear Hunt Obstacle Course
This plan will combine reading with balance and coordination skills to allow students to navigate a simple obstacle course.