The New PE Class

The students will create a PE activity to share and demonstrate to peers.

Grade Level: 9 - 12th  
Subject: P.E.  
Length of Time: 2-3 Class Periods

Objectives & Outcomes

The students will be able to create a new and original game/activity for a PE class, as well as identify and calculate approximate calories burned, physical benefits of activity, variations for physically disabled, and the advantages/disadvantages of the activity. The activity must involve physical movement, either upper body, lower, or both.

Materials Needed

Access to the Internet or other resources to compare other activities for calories burned, muscle movements, etc. Possible PE class supplies such as cones, balls, etc.

Prepare ahead of time: Rubric for assessment purposes. Make up a new sample game/activity for demonstration.

Procedure

Opening to Lesson

- Ask students: What is your favorite PE activity of all time, any grade level?  
- Allow for responses and discussion.  
- Ask students what they liked best about it and why  
- Allow responses and discussion  
- Contrast the question asking about the worst PE activity ever and why  
- Allow for responses and discussion

Body of Lesson

Modeling

- Teacher will demonstrate new sample game/activity to students  
- Tell students the benefits, approximate calories burned, etc.  
- Ask students what grade level they think it is appropriate for  
- Tell students they will be inventing a game/activity for demonstration and presentation

Guided Practice

- Explain the assignment in detail to the students
Distribute rubrics
Encourage students to think outside the box
Remind students to recall what they liked and disliked about past PE activities
Tell students the activity must involve physical movement of some kind
Allow students to use the Internet or other resources for calorie research, muscle use, alternatives for disadvantaged students, etc.
Remind students to identify the grade level for the activity
Tell students some of their “inventions” may be used for future PE classes at other grade levels
Have students present the activity to their peers during regular PE sessions
Teacher will use the rubric to assess the presentation

**Independent Practice**

- For homework: Have students create a marketing poster or Power Point presentation to publicize their new game/activity for use in other schools.

**Closing**

Students present marketing posters for display in the gym or other prominent location. Discuss with students the challenges they faced in trying to create a new game/activity.

**Assessment & Evaluation**

Rubric for assessment for each student based on creativity, presentation, and other objectives.

**Modification & Differentiation**

Students work in pairs. Assign specific types of activities to each student: Example- must use a ball, must involve running, must involve gymnastic moves, age-level, etc. Demonstrate to other grade level PE classes.

Learn how to become a PE teacher.

**Related Lesson Plans**

**Olympic Fair**

The students, with a partner, will research and simulate Olympic events on a small scale as a homework assignment and for other PE classes.

**Music Movement**

The students will move to the music based on its beat, words, tune, and other variables.
Multi-Ball Basketball

The student will participate in a game of basketball using various sizes of available balls.