**Lesson Plan – LAB 8**

**Group Name-** Silent Warriors

**Members-** Ethan, Jessica, Tristin, Sydney, Dave, D’Shawn, Stacey

**Herald School Members-** Bronte, Junior, Madi, Maxine, Azriel

**Lab Date-** Monday November 26, 2018

**Location-** MHC Gymnasium

**Lab Theme-** Carnival Games

**Objective:**

Individual Pursuits

**Equipment List:**

12 bowling pins

3 dodge ball

6 bean bags

1 bean bag target or 3 buckets \*\*(I will bring if bean bag target is unavailable)

3 hula hoops

3 rubber chickens

1 hockey stick

1 hockey net

3 hockey balls

2 mini noodles (to divide hockey net in 3 sections)

Painters Tape (To mark the floor with)

3 Rings \*(I will bring if unavailable)

A few extra balls of different sizes for adaptations

\*\*when necessary, try to find pink or blue objects as this is our students favorite colors

**Safety/Room Constraints:**

* Our group has been assigned a quadrant of the gym to do our activities in, which will be marked by pylons, so students know their boundaries, but sometimes we can lose balls, so watch for this when doing activities.
* Obstacles that exist are the volleyball machine and benches that we can try to move out of the way, as well as coats and backpacks which can be put behind the benches.
* Make sure all the gym doors are closed and that students aren’t trying to exit the gym.
* When activities are set up, keep an eye out for objects that can be tripped over during the games as well as when entering and exiting the gym with the students.
* Each Herald student will be paired up with a leader or two, so we can assist them when necessary.

**Pairings:**

|  |  |
| --- | --- |
| LEADER | HERALD STUDENT |
| Tristin / Stacey | Azriel |
| Dave | Junior |
| Jessica | Maxine |
| Sydney / Ethan | Bronte |
| D’Shawn | Madi |

**Student Goals:**

**Azriel:** The last couple weeks, Az hasn’t participated a whole lot, so this will be a goal for him today. He tends to participate more with games involving balls or objects he can drop or throw, so maybe we can start him at a station such as bowling or bean bag toss. Just be aware of him getting over stimulated, if this happens, lead him to his chair to take a break. If he seems ready to join in again encourage him to participate by leading him to a specific game. Use visual cues with Azriel and a colored (ex: blue) mat to first instruct him to stand on blue, hand him the ball or bean bag and visually demonstrate what you want him to do. We have used this technique in the past and seems to work well.

**Junior:** Junior has been doing well with separating himself from being solely reliable on Jessica by spending his time with the boy leaders. We will continue to encourage this with pairing him up with Dave for the day. Sometimes Junior gets nervous and will just stand and watch, so we will make sure to keep an eye on this and keep him involved by playing with him or getting him to try again or moving him to the next station. Junior also accomplishes the games fairly quickly, so find ways to make it more challenging for him such as moving targets farther away.

**Maxine:** Maxine is always great for participating in all activities, however, she does get tired easily and will try to lay on the floor. A goal for Maxine would be to keep her distracted by playing the games with her to keep her having fun and interested. If she does lay down, try to get her back up as quickly as possible by challenging her to a game. A good method to get her up is to use the counting method – one, two, three, up!

**Bronte:** Bronte is hard to keep motivated and gets bored easily so a goal for this week would be to keep her active as much as possible. She likes to be competitive and show off her skills, so having her lead the activities at each station could be a good way to do this. Keep encouraging her and use praise to motivate her.

**Madi:** Mostactivities are challenging for Madi as she has limited mobility. A goal for Madi this week could be to get her to participate in any way she can, for example, with the bowling game she can roll the ball off her lap or guide some movements for her with a leader’s assistance.

**Warm-up: (10 min)**

This week Group #4 will be running warm up.

**Introduction: (5 min)**

* At the beginning of the lab, our group will meet in our specific corner, and start by gathering in a circle.
* Leaders will be paired up with their students
* I will explain that today we will work on individual skills by playing carnival games and go over the different individual stations that are set up.
* I will remind the students of our boundaries and explain that there can only be one student at each station at a time and that everyone will get a turn at each station.
* I will explain that when I clap my hands three times while saying 1,2,3 switch! it will signal that it’s time to move to the next station.
* Ask if there are any questions before we start.
* Assign the stations where the students will start

**Planned Activities: (40 min)**

1. ***Bean Bag Toss (5 min station)***

**Equipment:**

* 3 bean bags and bean bag target \*(buckets or hula hoops if target or buckets are unavailable)
* Tape to make a line to throw from

**Game Description:**

* Students will get 3 bean bags to throw, from behind the line, at the target to see how many points they can get in one turn
* They can have as many turns as they want until the game switch signal

**Instructional Techniques:**

* I will give the instructions for this game at the start verbally while in the circle with all participants.
* The leaders that are assisting the student will reinforce the rules individually before they begin
* The leader will visually and verbally demonstrate before beginning the game.
* The leaders will judge and adjust the games as they seem necessary for their student.

**Adaptations:**

* Madi: The leader can wheel Madi right up to the targets and try to get her to push the bean bag off of her lap into the target. She may need assistance.
* Bronte: You might need to make the game a little more challenging by having her step back to throw from a farther distance
* Maxine: Maxine can throw from further back as well if it’s too easy for her.
* Junior: Junior can throw from further back as well if it’s too easy for him
* Azriel: Azriel might need to have a colored square placed in front of the target to instruct him to stand on and throw from. If this doesn’t work for him, he can just walk and drop the bean bags in which is what he has done in the past with balls and a bucket.

1. ***3 pin Bowling (5 min station)***

**Equipment:**

* 3 bowling pins
* 3 dodge balls
* Tape for throwing line

**Game Description:**

* A Tape line will be placed as a marker for where to roll the balls from. Students will get 3 chances to knock over the pins, then they can put the pins back up and start again and play until the game switch signal.

**Instructional Techniques:**

* I will give the instructions for this game at the start
* The leaders that are assisting the student will reinforce the rules before they begin
* The leader will visually and verbally demonstrate before beginning
* They will be instructed to roll the balls rather than throwing if possible
* The leaders will judge and adjust the games as they seem necessary for their student.

**Adaptations:**

* Madi: Madi can be wheeled over to the line and instructed to push the ball off her lap. You might have to move her up closer to the pins and help her push the ball
* Bronte/Maxine/Junior: They can take a step back if too easy or we can limit her balls to 1 or 2 instead of 3 chances to knock them all down. Make sure to give Bronte lots of praise and encouragement to keep her going
* Azriel: You can allow Azriel to throw the ball if he can’t roll it, or he might just drop the ball on the pins.

1. ***Chicken Basketball Toss (5 min station)***

**Equipment:**

* 3 hula hoops
* Basketball net
* 3 Rubber Chickens
* Tape for throw line

**Game Description:**

* The hula hoops will be taped together and placed on the basketball net with the top hoop being 3 points, middle 2 points and bottom 1 point. The object of the game is to throw the rubber chickens through the hoops to collect points. After all 3 chickens have been thrown, students can start over trying to improve their score until the game switch signal is given.

**Instructional Techniques:**

* I will give the instructions for this game at the start
* The leaders that are assisting the student will reinforce the rules before they begin
* The leader will visually and verbally demonstrate before beginning
* The leaders will judge and adjust the games as they seem necessary for their student.

**Adaptations:**

* Madi: Madi can use a dodge ball instead of the rubber chicken and roll it from her lap. Her goal will be to get it through the bottom hoop for points.
* Azriel/Bronte/Maxine/Junior: The rubber chicken can be substituted with different size balls if too difficult

1. ***Hockey Golf (5 min station)***

**Equipment:**

* Hockey net
* Hockey Stick
* 3 hockey balls
* 2 short pool noodles
* Tape for line to shoot from

**Game Description:**

* The hockey net will be divided into 3 sections with the pool noodles and we will use tape to put numbers on the floor for points (1,2,3). The object of the game is to score as many points as you can in 3 shots. Repeat activity trying to beat your own score until you hear the game switch signal

**Instructional Techniques:**

* I will give the instructions for this game at the start
* The leaders that are assisting the student will reinforce the rules before they begin
* The leader will visually and verbally demonstrate before beginning
* The leaders will judge and adjust the games as they seem necessary for their student.

**Adaptations:**

* Madi: Madi can get assistance in holding the hockey stick and swinging it, or she can use a ball and just push it off her lap and try to get it into the net.
* If using a hockey ball is too difficult (small) to hit for the students, substitute it with a larger ball. Make sure the ball is light in weight though.
* Azriel: Use a colored mat for Azriel to stand on to get him to participate

1. **Ring Toss (5 min station)**

**Equipment:**

* 3 Rings
* 9 bowling pins
* Tape for throw line

**Game Description:**

* The bowling pins will be set up 3x3. You will get 3 rings to throw and try and get around a pin. Students can retry over and over to get all 3 until the game switch signal is given. Alternatively, students can just continue counting how many times they get a ring around a pin during the whole 5 minutes of play until time is up. Then the next time they get to that station they can try and beat their previous score.

**Instructional Techniques:**

* I will give the instructions for this game at the start
* The leaders that are assisting the student will reinforce the rules before they begin
* The leader will visually and verbally demonstrate before beginning
* The leaders will judge and adjust the games as they seem necessary for their student.

**Adaptations:**

* Madi: You can let Madi try to drop the rings from right beside the pins instead of behind the line.
* Bronte.Maxine/Junior: If too easy for them have them take a step back, or if too difficult let them move up closer to the pins.
* Azriel: You might have to just let Azriel walk up and drop the rings from above the pins

**Alternate/Additional activity:**

**\***If any of the planned activities don’t work out or equipment isn’t available, substitute the following activity.

**6.Bean Bag Hopscotch**

**Equipment:**

* 3 Bean bags
* Tape to make hopscotch squares (#’s on squares not necessary)



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**Game Description:**

* Student will throw the bean bag at the hopscotch squares
* Student will hop on each square with one foot making sure to hit each square all the way up to the top square avoiding the square that they got the bean bag on.
* The second time, use 2 bean bags, and 3 bean bags the 3rd time

**Instructional Techniques:**

* I will give the instructions for this game at the start
* The leaders that are assisting the student will reinforce the rules before they begin
* The leader will visually and verbally demonstrate before beginning
* The leaders will judge and adjust the games as they seem necessary for their student.

**Adaptations:**

* If hopping on one foot is too difficult, students can hop with both feet
* **Madi:** Madi will need assistance with throwing the bean bag and then she can get wheeled around the squares
* **Azriel:** Azriel can throw the bean bag and then you can lead him through the squares.

\*\*After our time is up for the day, we will get the students to gather in a circle, so we can thank them for coming to play with us each week and give them their goodbye gift. Our team leaders will make sure everyone has their jackets and then together we will go up the stairs out to the bus!