

Creating a GLO Assignment

Objective:

This lesson requires groups of 3-4 students to create a low-organized game in groups of no larger than 16 members. A low-organized game develops at least **one game skill, maximizes participation by all players, creates a sense of fair play and emphasizes fun, fitness and teamwork**—not winning and losing.

The game should have *minimum equipment* requirements, be adaptable to any space and have a variety of activity levels.

Your group will get the opportunity to design a game, teach it to our class through clear/concise instructions and receive feedback on your presentation. The lesson culminates in students taking the lead in teaching their classmates how to play their games.

Duration: 30 minutes

What do I Need to Submit? (Checklist)

1. A Good Copy of a Lesson Plan that includes:
 - Introduction to the game:** This is an explanation of your chosen activity. You will discuss the origin of the chosen activity.
 - Detailed Warm-up and dynamic stretch:** The aim of the warm up is to gradually increase the heart rate and the temperature of the body. You can choose to do a stationary warm-up or a dynamic warm-up, however it must differ from our own classroom warm-up. You should also lead a set of dynamic stretches *mimicking movements from the main workout* in order to prepare the muscles for any abrupt movements. The combination of the warm-up and dynamic stretches should take approximately 5 minutes.
 - Rules for your game:** These rules must be clearly laid out, and should include:
 - a list of the things that the players must do in order to perform the task properly
 - Safety considerations:**
 - a list of things that players cannot do in order to ensure that every student is safe as well as committing to fair play.
 - A diagram:** This should consist of a visual diagram of your game that includes the equipment and player layout in the gym.
 - Fitness component:** An explanation how you have incorporated fitness components to your GLO.
 - Modifications:** Considerations to improve/modify the game if it is too simple/difficult
2. "A GLO Reflection", We will complete this after the presentations are complete.

My Group: _____

My GLO Name: _____

Student Handout 1**Creating a Low-organized Game**

Your group's assignment is to create a low-organized game that can be taught to your peers. The game should be cooperative, involve teamwork, be simple and creative. Each group's game should have minimum equipment requirements, be adaptable to any space and have a variety of activity levels. Try to make your game cooperative rather than competitive. **Emphasize participation rather than winning.**

Your game must include the following:

- A warm-up activity that features a key fitness component used in the game (*This should differ from our warm-up*)
- Involve at least one game skill,
- A list of rules (A good copy rules handout will eventually be submitted in your lesson plans)
- Strategies to actively involve everyone,
- A sense of fun and fair play,
- At least one fitness component, and
- A team approach.

The group will be assessed on the basis of meeting all of the above criteria.

Rough Notes + Ideas:

Student Handout 2 *(to be handed in with the good copy)*

Take time to discuss your ideas and come to a consensus about the equipment, skill and nature of the game your group will create. Write your ideas below.

Name of the Game: _____
Skill Focus: _____
Equipment: _____
Time Needed: _____

Five-minute warm-up activity featuring the selected fitness component:

How to play the game:

Rules (keep these simple and fair):

Modifications (Ways to change the game difficulty and/or strategy):
