

S: 4 H: 3 GLO: 9-12 The Human Square
OKLAHOMA ACADEMIC STANDARDS: Physical Education

Source: <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=11129#.V5t4lrgrLIV>

<u>Objectives/ Student Targets</u>		<u>Equipment & Technology Needed:</u>
<u>Cognitive:</u> The students will be able effectively problem solve different solutions to the activity.		Blindfolds, Pencils, Assessment Sheet
<u>Affective:</u> The students will demonstrate strong leadership skills as well as effective listening skills.		
<u>Psychomotor:</u> The students will complete the activity while demonstrating psychomotor skill development		
<u>Academic Vocabulary:</u> Guidance, Influence, Conveyance, Directorship, Foresight		
<u>Introduction / Anticipatory Set:</u> Tell the students we will be working a lot with cooperation, communication, and teamwork today. Why is communication so important when working together as a group? Are there any specific experiences where communication is especially important?		<u>Classroom Layout:</u> Open space such a gym
<u>Instant Activity:</u> Minefield: Have students partner up. One student is blindfolded while their partner talks them through a “cone minefield”. The students cannot touch each other, but the unblinded students must use verbal cues to guide the blindfolded students through a large area with cones. If they touch a cone, they must return to the sideline and the 2 students switch places. First team through the minefield, are the champions.		
<u>Fitness Development:</u> Improve muscular strength and muscular endurance through strength training exercises Continue to develop cardiorespiratory endurance through activities that raise the increase the heart rate for a minimum of 30 minutes Target improved body composition through strength training and cardio work Improve flexibility through daily dynamic and static stretching routines		

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<p><u>Lesson Focus:</u></p> <p>Every student (with exception of two or three who will act as observers) will be blindfolded and spread out around the gym. Stressing safety as being most important, the students are instructed to carefully and gently make their way into the center of the gym (or there about) and meet. Once all students have met around the center, they must figure out how they can create a human square formation that requires everyone to lay on the ground/floor. They are to remain blindfolded the entire time. Communication is emphasized as one of the keys to being successful in this challenge.</p> <p>It will no doubt take them a while to accomplish this task, but as teachers, we must let them figure out how to do this on their own and try our best not to get involved. If safety is at stake or total meltdown occurs, the teacher must step in to help. Otherwise, THEY CAN DO IT!!! (I have rarely had a class not be able to complete this task.)</p> <p>The role of the Observers</p> <p>Choosing observers is very important as well. The role of the observers is to watch thoughtfully and carefully, noting on paper both positive behaviors that help the team or negative actions that hurt the team. They are instructed to look for examples of trustful/non-trustful actions, positive and negative communication, and examples of people being open-minded during the activity.</p> <p>At the end of the activity, the observers provide feedback to the group based on what they had witnessed. However, the golden rule that I use for the observers is that they are not allowed to mention a student's name if they are feeding back anything negative. If the comments are positive, a student's name can be used, but not for negative comments.</p> <p><u>Assessment:</u></p> <p>Have the students self assess and fill out this assessment sheet. They need to turn in the sheet either 1) before they leave class or 2) at the beginning of the next class period.</p> <p>Assessment sheet: http://www.pecentral.org/lessonideas/cooperative/HumanSquareAssessmentTask.pdf</p>	<p><u>Teaching Cues:</u></p> <ul style="list-style-type: none"> • Communication • Slow and steady • Safety <p><u>Modifications:</u></p> <p>Time Limit</p> <p>Add/take away group numbers</p> <p>Allow students on sidelines to give instruction</p>

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Closure:

Class Discussion: What strategies worked well?
What strategies did not work?
What would you do differently next time to make this activity more successful?
Was communication essential for success?
Was it easier or harder than expected?