

## Physical Education Lesson Plan

### Random Acts of Kindness (R.A.O.K.)

**Quick summary:** Students will focus on demonstrating sportsmanship, respect, cooperation, and teamwork in physical education and physical activity settings.

**How long will it take:**

45 minute lesson + 1 minute each class period, every class period

**What do I need:**

- Pencils/colored markers
- 1 *R.A.O.K. Worksheet* per student
- Class Acknowledgement board/poster sheets
- Cones to mark boundary lines
- Frisbee or playground balls

**How does it work:**

The teacher will lead a brief discussion about sportsmanship, respect, cooperation, and teamwork and what it looks like in different physical activity and physical education settings.

Have students brainstorm a class list of behaviors (and what they would look like in physical education) that they feel demonstrate each of these character traits.

Record these ideas on a class poster or whiteboard. Explain that helping out another person, giving them a compliment, or even simply smiling at them are all random acts of kindness or R.A.O.K.

After the R.A.O.K. ideas are recorded, divide the class into groups of four. Explain to students that they will be identifying when they see R.A.O.K during around robin game of Ultimate Frisbee.

Each game lasts three minutes and points are awarded when the Frisbee or ball is received in the end zone and when an example of positive sportsmanship is observed.

Only members of the opposing team are allowed to award the other team points for good sportsmanship. At the end of each three minutes, students will play a different team and keep a culminating score.

Students can play four rounds or until all of the teams have played against each other. Teachers can freeze the game and ask students to share examples of good sportsmanship with the class.

**National Physical Education Standards**

*Standard 4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.*

*Standard 5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.*

After completing the game, each group will compare the R.A.O.K they observed during the game with the master list that was created at the beginning of the lesson.

Explain that being kind is contagious. Not only does it make someone else feel good, it usually makes you feel good too. Not every R.A.O.K will be noticed by another person and that is OK! We should all want to help out others because we want to help them out, not to get recognition.

Then, give each student an R.A.O.K. sheet. Students fill in each square with a character trait or behavior they would like to work on.

Post the sheets along the wall in the room. At the start of class each day, students can review their list and work towards fulfilling at least one R.A.O.K during the class period. At the end of each class period, students share with a classmate which R.A.O.K. they completed.

**Optional:**

Create a poster area or white board where students can recognize each other for the R.A.O.K they noticed during the class period.

**Worksheet for Physical Education Lesson Plan**

**Tracking Your Random Acts of Kindness (R.A.O.K.)**

Student Name: \_\_\_\_\_

Class Period: \_\_\_\_\_ Dates: \_\_\_\_\_

**Directions:**

Fill in each square with a behavior or character trait you would like to work on (e.g., holding a door open for a peer, letting someone ahead of you in line). Use the class list to help you with additional ideas. At the start of class you will review your grid and decide which R.A.O.K. you wish to work on during the period.
