



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

#### Grade 3

**Unit**      **Beginning of Year- Establishing Procedures**

**SOLs:**

- 3.4 C - Describe the importance of **cooperating** and work cooperatively with peers to achieve a goal.

**Title:**      **[Conflict Resolution]**

**Objectives/ Goals:**

[Students are learning conflict resolution strategies]

- Students will be able to identify possible conflict resolution strategies
- Students will be able to apply conflict resolution strategies when they disagree with a classmate

**Materials:**

[Equipment and Set Up]

- Tagging Noodles

**Procedure:**

**Intro-** Discussion should cover:

- Ask students to identify basic conflicts that might happen during a P.E. activity

- Ask students for possible solutions to these conflicts
- Model the following 2 methods:
  - 1) Rock, Paper Scissors- for simple yes/no style disagreements
  - 2) Peer Timeout- for more complicated situations- A peer timeout can be used by any student at any time. If someone feels like another student is playing unfairly, they can say "timeout" to that student. The 2 students must then step off to the side and figure a way to resolve the conflict peacefully. Always use a calm tone of voice and "I statements" when discussing the issue that led to the conflict.

### **Description-**

Partner Role Play- Partner A is not following the rules of the class activity. Partner B must ask for a peer timeout, then practice calmly discussing what transpired. Switch roles.

Conflict Activity- The activity here does not really matter. I tend to choose a class favorite tagging game, because there is always a lot of potential for disagreement. Encourage students to practice their conflict resolution strategies as needed.

### **Closure-**

- Share 2 ways we can resolve conflicts

### **Assessments, References & Sources:**

#### **Resources:**

- <http://www.humankinetics.com/excerpts/excerpts/tips-for-resolving-conflicts-in-physical-activity-settings>

#### **Assessments:**

This skill is more about application than knowledge. The best way to assess it is observation over time. Students who have strong conflict resolution skills tend to be able to navigate issues and continue playing without involving the teacher. Students who lack these skills are easy to identify because their peers will let the teacher know when they someone isn't playing fairly.