

Sporting Behavior

Learning Objectives

- I can describe and demonstrate respectful behavior in physical activity settings. (PE 5.4e)

Teacher Notes

- This lesson relates directly to a 5th grade PE SOL in the social domain, but it can also be used for grades 3 and 4. All grade levels need to know how to use appropriate sporting behavior!
- You will need to divide the class into 4 teams (fruits, veggies, proteins and whole grains). I suggest having students change their screen name to reflect their team. example: Tommy Fruit
- Pause video at 4 minutes 43 seconds to start exercise phase
- I recommend at least 5 minutes for the exercise phase. You can make this phase longer if you want, but allow at least 10 minutes for the point allocations and post game interaction.
- After the exercise phase, students will privately chat to you how many points they earned. I use private chat for 2 reasons. First, I can round point totals quickly without the public scrutiny of students checking my math. Second, there are usually 1 or 2 students that post impossibly high point totals. Private chat allows me to account for that without unfairly inflating the team total.
- If you are able to use breakout rooms, they work really well for allowing teams to communicate with each other. Teams can go into breakout rooms after the exercise period to determine a strategy for allocating points to other teams. This way allows all students to be part of the decision making process.
- If you can't use breakout rooms, you can either have individual students privately chat how they want to allocate their points, or you can choose 1 student from each team to serve as proxy for their team. The proxy should privately chat how many points they want to allocate to each team.
- Each team starts with 500 food items in the healthy food storage (adjust if needed)
- Whatever method you choose for teams to make decisions on point allocations, those decisions need to be submitted to you privately so that other teams can't see.
- The primary objective here is sporting behavior, so the score being perfectly accurate is less important than how students interact with each other and how they react to the result of the game.
- After results are announced, give students a chance to interact and demonstrate good sporting behavior in the public chat.
- Video run time: 6 minutes and 36 seconds Activity Time: 12 to 20 minutes



Lesson Steps: Video Outline [PE SOL 5.4e Video](#)

Step 1 Introduction

- Pre-assessment: ask students to chat 1 example of good sporting behavior, and 1 example of bad sporting behavior.
- How does it make you feel when students demonstrate good sporting behavior?
- How does it make you feel when they demonstrate bad sporting behavior?

Step 2 Activity [brief explanation of learning activity]

- Healthy Food Collector: [Exercise List Here](#)- Students divide into 4 teams (fruits, veggies, proteins, grains) and use the exercise choice board to earn as many points as they can for their team. Each team combines all points earned, then decides how to allocate points to subtract from the other teams' healthy food storage. The team with the most healthy food left at the end is the winner!

Step 3 Closure [include post-assessment]

- [Exit Slip](#) - This link is set to create a copy of the exit slip. If you want your students to create their own copies to fill out individually, change the last 4 letters of the URL from "edit" to "copy" and paste the new link for students to access.

Assessments

- Pre and post assessments listed above

Extensions/Connections/Applications

- You can ask students to grade each video clip in the chat instead of doing the exit slip
- Have students "grade" each short clip during the sporting behavior skit. They can do thumbs up, thumbs down, or respond in the chat
- The activity at the end uses a format that was engaging for my students. For the purpose of the lesson, you might choose to substitute a different game in here. I always try to play something with a winning team and a losing team because the emotions surrounding winning/losing can challenge s

Handout

See below



Sporting Behavior Exit Slip

- 1) What are some things you can do to demonstrate respectful sporting behavior? (Select all that apply)
 - a) Encourage other students when they make a mistake.
 - b) After the game is over, congratulate the other teams whether you won or lost.
 - c) Follow the rules and play fairly.
 - d) Before the game starts, wish the other team good luck.