



Grade 5 Lesson Plan: Unit 7– Class Rules

SOLs (Health Standards of Learning)

- 4.3 j, 4.3 k
- 5.3 i, 5.3 l

SOLs (Physical Education Standards of Learning)

- 3.4a, 3.4 c
- 4.4 c, 4.4 d
- 5.4 a, 5.4 b, 5.4 d, 5.4 e

Objectives/Goals

- Students will understand why rules and structure are important for a successful PE class
- Students will create a set of class rules for the year
- Students will name their most important goal for the school year (hopes and dreams)

Materials

- 1 white board and 1 dry erase marker
- Hopes and Dreams template
- Rule Discussion handout

Procedure

Step 1- Hopes and Dreams

- This is usually done in a class or two prior to creating class rules
- Students complete the “Hopes and Dreams” template. In this activity, students name their most important goals for the year. I always ask them about something they want to learn and an activity they hope to do.

Step 2- Why do we Need Class Rules? Think, Pair, Share

- Students work with a partner to discuss the topics on the rule discussion handout.
- The handout is intended to help guide the partner discussion. Students can also choose to write their responses down if needed.
- Selected groups share out with the whole class

Step 3- Class Rule Brainstorm

- Teacher asks students to share ideas for “class rules” creating a class structure that allows all students to reach their hopes and dreams.

- Teacher records ideas on the white board.
- Once students have many ideas listed, students and teacher collaborate to group all the rule ideas and pare them down to 3-5 generic rules, always stated in positive language and are student centered.
- For example, use wording like: I will be a good listener
- Instead of: Follow directions the first time given

Step 4- Creating Grade Level or Universal Class Rules (if needed)

- Depending on how many classes you see, you may want to take this process 1 more iteration to create a set of PE rules for an entire grade level, or even for the whole school.

Step 5- Posting and Using Class Rules

- Take the generic rules created by each class and post them in a visible place in the gym
- Posting rules is important. Be sure to refer to the rules regularly throughout the year when modeling expectations for the class. Let the student created rules guide the expectations for student behavior in the class.

Assessment Idea

- Hopes and Dreams
- Have students record their ideas during the partner discussion (optional)

References

- Responsive Classroom: <https://www.responsiveclassroom.org/it-all-begins-with-hopes-and-dreams/>
- Responsive Classroom: <https://www.responsiveclassroom.org/hopes-goals-and-classroom-rules/>
- Responsive Classroom: <https://www.responsiveclassroom.org/whats-in-a-rule/>
- Book: Responsive Classroom for Music, Art, PE and other Specialty Areas- from Responsive Classroom

Handout

The next pages include:

- Hopes and Dreams template
- Rule Discussion Handout

Hopes and Dreams

Instructions: Please complete the following statements with your most important goals for the school year during PE class time. Your hopes and dreams can relate to anything from skills to social goals.

I hope to get better at _____

My dream is to accomplish _____

I hope to get a chance to do/play _____
(favorite game or activity)

Rule Discussion Handout

Students must find a partner or a small group to discuss the following:

- 1) Why are rules important?
- 2) How can class rules help us achieve our hopes and dreams?
- 3) Please list a couple ideas for specific rules you think are important for this class: