



## Grade 6 Sample Lesson Plan: Unit 6 – Cooperative/Social Games

### **Description**

Please see attached handout for a lesson submitted by a Virginia teacher

### **Source:**

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### **Handout**

The next page includes a handout for the lesson. The handout is designed for print use only.

## **Cooperative/Social**

### **Omnikin Train**

All the participants are lying down on the floor face up and shoulder-to-shoulder.

- They are, in fact, forming a railroad.
- The ULTRA ball is the train riding on the rails.
- However, the rails are too short for the train to reach its predetermined point of arrival.
- Participants will need to continue building the railroad by taking the rails that have already been passed over and bringing them back up front.
- Hence, once the train has rolled over a participant, he or she hurries up to the front to continue the railroad.
- The game ends when the set goal is reached.

### **Crazy Train-**

Students get into groups of four and line up in a single file train line. The conductor leads the group around the room. The teacher can call out actions for the train to carry out. Those actions can include any or all of the following:

Reverse- Everybody faces the opposite way and the caboose is not the conductor

Switch-The conductor and the caboose trade places

Rotate- The conductor rotates to the back of the line and becomes the caboose. All other players move up one spot.

Loose Caboose- All cabooses leave their train and run to another train

Shuffle- Everybody in the passenger cars (between conductor and caboose) trade places.

### **Enemies and Allies**

Get into groups of four and join hands in a line. The first person in the line is the tagger and the last person in the line is who they are trying to tag. To start the game have the person in the front flip a coin. If it is heads, it is enemy. If it is tails, it is allies.

Enemies- The middle two people try to help the tagger in their pursuit of tagging the last person in their line.

Allies- the middle two people try to help the last person NOT get tagged by the tagger.

### **Ninja Chop**

Use three foam bricks or football and hold it in place with a partner using the palm of one hand pushing together. The goal of the game is to walk with your partner to other teams and try to karate chop the object being held by them out of their hands. Teams must keep their objects held together while trying to knock other teams objects to the floor.

### **Deception-**

This game can be played inside or out. Playing area should be approx. 120 x 60, but whatever you have is fine, but larger is better. Divide the class into two equal teams. Select one team to start off as offense and the other to start as defense. The offensive team will form a huddle in their own endzone. In the huddle, they will select a ball carrier (remember the ball must fit inside their hand). The ball carrier will conceal the ball (**Marble**) by making a fist around the ball. All players, will make a fist as well, in order to act as though they have the ball. Now, as they leave the huddle, every player wants to act like they are the ball carrier so that the defense does not know who has the ball. The defense will now move to the center of the field and wait for the go signal. (I had the defense stand on their own end zone and face away from the field. When the offense hollered "break" that was the signal to turn around and begin play.) On the signal, give by the teacher, or the team if you wish, the offensive players will try to run the length of the field, past the opposing teams goal line. In the meantime, the defensive players will try to tag the offensive players before they can score. Upon being tagged, the offensive player must show if they were the ball carrier, if they are not they defensive player may attempt to tag other. If they were the ball carrier, the defense gets the ball and it is their turn to try to score. If the ball carrier makes it past the opposing teams goal line, without being tagged, then it is a touchdown and the offense is awarded 7 points ( i didn't have them keep score). The defense would now get a turn to try to score. Game continues for a given time, or a given score. Following are some key points to remember:

1. All offensive players should make a fist and act as they have the ball.
2. Defense is responsible for checking the hands of players they tag. (offense must show hand immediately after being tagged)
3. Offense only scores if the ball carrier gets to the endzone untagged.
4. Absolutely NO BLOCKING. (beside being dangerous, it also tells who has the ball)
5. Regardless the outcome of the play, the other team get the next turn.

**HELPFUL HINTS:** It is important to stress the importance of not having the ball. Everyone wants the ball, so it is vital to reinforce those players who were good actors and had people chasing them, even though they did not have the ball. Remind students that the more players that are chasing those without the ball, leaves less players to chase the person who has the ball.

### **Popcorn-**

Have the class seated in a circle with feet facing the middle. Object is to keep the ball aloft as long as possible, keeping it within the circle. If the ball is kicked out, the teacher throws it back in. If you have more than one Omnikin or beach balls you can have multiple circles playing at one time to maximize participation. If class struggles keeping the ball in the air, let it hit the ground but still have the goal of keeping within the circle.

### **Partner Omnikin tag-**

Players pair up and must hold hands (or ring) or hook elbows.  
-To start, two pairs are each given a ball and then push or hit the ball along the ground with their hands to try to tag other pairs with the ball.  
-Pairs in possession of the ball do not have to stay together. When a pair is tagged have them do a cooperative exercise and then get back into the game. Play multiple rounds.

### **Caboose:**

Divide class into groups of four. One person in the group will be a tagger. Each group stands in single file line holding onto the shoulders of the person in front of them. When the game begins each tagger will face their "train". The object of the game is for the tagger to tag the caboose. While this is happening each line will be moving to try to avoid being tagged. If a tagger is successful the student at the front of the line breaks off and becomes a new tagger and a new game begins.

\*Trains cannot run away from the tagger. They must use agility to maneuver themselves.

### **Temple of Doom:**

This game is based on the boulder that chases Indiana Jones. Make 2 large circles, one inside the other, and circles face each other. One person volunteers to be Indiana Jones, and he/she is inside the track with the ball. The object of the game is for the group to roll the ball (which must stay on the floor) and tag Indiana. If successful, choose another volunteer. Another option is to reverse the goal – Indiana must chase and catch the ball.

### **Chicken Football**

This game needs four players, two on each team. The object is to score across the other team's goal line. Start by placing a cone on each end of the playing area and a marking cone in the middle. Behind each endline cone place a marking cone about two paces away. Place a beanbag, foam brick, or rubber chicken, etc at the middle cone as well. Two players from opposite teams will meet at the middle cone, while each other's teammate will stand at the endline cone that is behind their teammate.

To begin play, the two players in the middle will play rock, paper, scissor. The winner will then pick up the object in the middle and run towards the other team's goal line. As soon as this

happens the losing player will run quickly back to their own goal line and stand at the far back cone while the other teammate will come out and challenge the other player. Once they get close to each other they stop. There is no contact in this game. The runner is not allowed to evade as well. The two players from there will play RPS and continue on until one player has passed the other team's goal line.

### **Wind in the willow-**

This is a version of a "Trust Fall." Have one person stand in the middle of circle of students. The circle should be at least five students (more is OK). The group needs to be about a foot away from the student in the middle. The person in the middle will keep their feet on the ground but lean forward. At this time the circle will use their hands to gently push the middle student around the group. The middle student will also have their eyes closed if they so desire.

### **Great Escape-**

Divide teams into groups of seven. Have five people make a circle around the remaining two. When you start the music, the outer ring of people will start to slide in a circle around the middle two. When you stop the music people on the outer ring will join hands quickly trying to stop the mice from leaving the middle of the circle and getting out. Once a pair of hands are joined the middle people cannot break it nor slide under it.

Social enhancement: when a person(s) turn in the middle is over, they need to move to another circle and join in that circle.

### **Star Passing/juggling-**

Have students get into groups of five or seven (must be an odd number). One person will have a gator skin ball. On the signal the person with the ball will start to make a passing pattern by passing the ball to someone in the group who is not standing to their immediate left or right. The person who catches it will do the same (pass it to someone not on their immediate left or right.) This continues until the ball gets back to the first person. Once the pattern has been established continue until it is perfected. Once that happens add a second ball into the mix, then a third and so forth.

To add a degree of difficulty, use one ball and do the pattern while sliding in a circle.

### **Roller Ball Tag**

Two people are designated "it". They must work together to roll a large Omnikin ball and tag another pair of students who are connected by holding hands or holding a scarf, etc. Players

must roll the ball, not thrown or pushed and partners must stay together. If tagged, pairs either change jobs or a simple reentry task and then change taggers at the next round.

### **Meet Me In The Middle**

In partners, standing on opposite sides of the gym but straight across from each other. One partner has a ball and on signal, they meet in the middle of the gym(1 jogging, 1 dribbling). When they meet they pass the ball once and they go back to their lines. Every time they do this they add an additional pass. The goal is to see how many passes they can get in the allotted amount of time.

### **Allies and Nemesis:**

Get into a group of 10 people.

Without telling anyone, pick someone to be your ally and someone to be your nemesis.

On 'Go' attempt to keep your ally between you and your nemesis. Pay attention and see if you can figure out if you were someone's ally or nemesis.

### **Spider Walk**

Get into groups of 5-7. Have students form a circle with their groups but face the outside rather than each other. Once they have done that have them link elbows with each other. The task is to see if they can walk around the area without any problems.

Variation: have them go to a specific location and then turn back to go to the original starting point.

Variation #2: once they have mastered the first levels, pick one spider group and instead of having them link elbows use long-ish jump ropes to wrap around the entire group. Do not tie the ends around but have one person hold both ends of the rope together. Pick one group as the "black widow" and they have to try to tag other groups. If a groups is tagged they become the black widow.

### **Pick up**

Groups 4-6 players with each group needing one jump rope. Start on one end of the playing area where they stand with their group marked with a cone. Have a cone on the other end of the playing area directly across from them. On the start signal, player 1 runs with the rope down to the other cone, circles it, and comes back. The second player will then grab onto the rope with the first player and run up and around the circle then come back. Player three then joins on the rope and so forth until all the players are on the rope running up and back.

After each round have players switch spots.

Once teams have mastered this, have them do a race against the clock to see if they can complete the task before time runs out.

### **Rainbow:**

Multiple turners and jumpers using various lengths of ropes

Rope A is single length, rope B is

12 – 16 ft, rope C is 20 – 36 ft.

Everyone turns in the same direction.

### **Egg Beater**

Using 12 – 16 ft ropes (all same length) turn in same direction, away from jumper entry point.

Jumper then enters going in the “front” door of the ropes

quickly to center. Jumper can perform footwork skills, jump in a single

rope in the egg beater, two jumpers can jump together in center.

Advanced – use 20 – 36 ft ropes and additional jumpers. Use double bounces. Large arm actions to turn the longer ropes

Really advanced – three rope egg beater

– this requires exceptional turning skills and

communication between all six turners

### **Hand on Head/Hip Tag:**

Objective: Simple fun tag game

How to play: Get a partner, one player puts their hand on their head, the other on their hip. On

‘Go’, players will move around and try to tag someone in their game that isn’t on their team. If

tagged, you switch teams. Continue play until everyone is on the same team.

### **RPS Baseball**

use the whole gym to set up four large squares in the corners of the gym. These are the bases.

Everyone starts at home plate and finds a person to play RPS with. The winner will advance to

first base and then play someone who is at first base and so on until they reach home. When

they reach home they score a run.

Variations: add two taggers to tag players as they run from base to base. If tagged you can

either have them return home to begin again or simply return to the base they left from and play

RPS with a new player. This adds the aspect of planning your route and scanning your

environment to make decisions.

#2: Risk taking- when a player at any base wins a RSP round they can play the same player again and go “double or nothing.” If they win two in a row they can advance two bases. They also have the option of trying to win three in a row, resulting in a triple as well as trying to win four in a row to hit a home run. Players can do risk taking chances on anybase.

### **Back to Back Icebreaker**

Find a partner to being with by standing back to back. Play with an odd number so that there is always one person without a partner. The single person will begin by telling everyone to stand back to back, then face to face and shake hands. When the single person tells the pairs to stand back to back again, the pairs break up and must find a new person to stand back to back with. The person who is left without a partner is the new caller.

### **Carry the world**

Two people get jump ropes and each one holds the end of the two ropes stretched out. Each group gets a hoop or omnikin six ball that is placed on the floor. The two players will work together to slide the ropes under the ball and try to pick it up and walk together to a determined location.

Variation: Have people with noodles try to knock it off.

### **Scarf relay**

Have to people line up one behind the other on the baseline. The person in front has a scarf. They toss it out in front of them. The player behind them will then sprint ahead and try to catch the scarf. The new leader will toss it out in front of them and the back player will sprint ahead and try to catch the scarf. Repeat this pattern until you get to the opposite side of the gym. You might add a time challenge to see how many times you can go up and back down the gym in an allotted time.

### **Lifeguard**

Have everyone sit by a color on the parachute with their legs and feet under the parachute (they will be the swimmers). Assign four students to go under the parachute. These are the sharks. Assign three lifeguards. They will stand up.

To start the game the sharks will grab at the legs and feet of the swimmers and try to pull them under the parachute. When a swimmer is grabbed they let go of the parachute and yell for help from the lifeguard. The lifeguard will run quickly to the swimmer to try to pull them back out of the water before they get pulled under the parachute.



If the swimmer is pulled under then the shark and swimmer must trade places. This is very important because if the shark doesn't switch places eventually you will have only sharks and no swimmers.

Do this for a few minutes and then name new lifeguards and let play resume again.

### **Air Conditioner-**

Divide the group. When a group is called they will go underneath the parachute and lie down on their backs. The students on the outside will shake the parachute and make big waves to "cool off" the students lying down underneath.

**Class Picture-** Have kids start on their knees and lift up chute. Place the parachute behind their necks. They then carefully lower themselves to lie on their stomachs while bringing their hands together under their chins. If done properly, all you will see are their faces!

**Cat and Mouse-** Choose one or two people to be the mice. The mice get under the parachute. Then choose one person to be the cat. The cat gets on top of the parachute and on the signal will crawl around on their hands and knees trying to pounce on the mouse. The rest of the class holding the parachute will make waves to make it difficult for the cat to find the mice. Once the cat has found the mice, both return to the outside of the chute and chose new mice and cat are chosen.

### **Orienteering Circle-**

The class will make a large circle around the teacher who is standing in the middle. It is the job of each player on the circle to memorize who

### **Odd One Out → Come to Me! Entourage:**

Objective: To be the RPS champion of the class

How to play: Find someone to RPS battle, if you win, the person you beat is part of your entourage and is cheering obnoxiously loud for you. Find a new person/group to battle, losing team joins the winner! Play until there are two teams left!

Form a circles of 4-6 students in the playing area. The teacher will call someone to be the 'odd one out' such as 'The tallest student' the player that matches as the OOO will need to say goodbye to their circle and join another. Players in the other circles can convince/campaign/encourage the OOO student to join their group. The circle with the most people at the end of the round, wins!

### **Tugboat Challenge-**

You will need mats that sit on top of scooters and teams of anywhere between 5-8 people. Once you have set up your tugboat, your job will be to pull a teammate who is sitting on a scooter who is holding a rope that players from the tugboat are holding as well. The tugboat will move by players using their feet to move the boat towards the other side of the gym. On the other side of the gym is a tennis ball sitting on the baseline. The person being tugged is not allowed to touch the floor at any time. Once they get to the tennis ball the tugboat needs to maneuver the smaller boat to pick up the tennis ball and then make their way back to the starting line. Once they get there they need to maneuver the smaller boat around to place the ball on top of a cone.

### **Noodle Plank Road**

Groups of 4. Three of the four get two noodles. One person is the walker. The walker can only walk on the noodles. The players will place the noodles on the floor in front of the walker. As soon as the walker walks on the noodles pick them up and run ahead to the front of the line and continue until the walker gets to the other side.

### **Look down/ Look Up-**

Have the group stand in a big circle. On the Look Down signal, students will look down at their feet. On the Look Up signal, students will look directly at another student. If two students are looking directly at each other they take a knee and continue to play. When the Look Down/ Look Up signal is given. Those players on a knee can only look at others who are on a knee. If they are not looking at someone who is looking at them they can stand back up and play with the standing students. You can modify by instead of taking a knee, they can get into push up position or any other static fitness position.

### **Silent Switch-**

Have students stand in a big circle. The object is to change places on the circle as many times as possible without talking at all. When two students are looking at each other they switch places. Players must communicate without any talking or using their hands to get anyone's attention.

### **Cooperative count to 10 / Patience**

The object of this activity is to count to ten as group. One person will start by calling out the number one. Someone else will call out number two. If more than one person calls out the number then go back to number one and start again. Do not let kids strategize before. Let this activity happen organically.

### **Heads up, tails down-**

Groups of three. One person will need to be on each sideline and the third person starts in the middle. The person in the middle will have a penny in their hand. When they start the runner will pick a side to run to. When they get to that sideline they will come up to one of their partners. The runner will flip the penny. If it lands heads up, the runner gives the penny to the sideline partner and the sideline partner becomes the runner. If it is tails, the runner recovers the penny, turns around and runs to their partner on the other side. Play is continuous.

Variation- play the same way but have the runner do Rock, Paper, Scissor instead of penny.

### **Drop and Switch**

Pair up and each person will have a tall noodle. The two will face each other and stand their noodle upright while holding it so it won't fall. The two decide when to go but once they do they both let go of their noodle and try to catch their partner's noodle before it hits the ground. If successful, each one take a step back and try it again. See how far back you can get.

### **Human Slalom-**

Groups of 5-7 and line up one behind the other with at least an arms length between the teammates. The person in the back of the line has an object of some sort. On the go signal, the person in the back will weave in and out of the line until they get to the front of the line. Once they are there the team will work to hand the object back to the person in the back of the line. Once the person in the back has it they will begin their turn.