



Colegio Sagrado Corazón de Jesús

Erasmus + Project : 2014-1-ES01-KA101-002752

ACTIVITY TITLE: PLAYING WITH THE ROPES

SUBJECT: PHYSICAL EDUCATION

AIM OF THE ACTIVITY: Content (Boost and increase their vocabulary related to Physical education actions) Cognition (How to take part in a circuit rope, use a rope in different ways) Communication (use the grammatical structure "must" in present tense and affirmative") Culture: (Know who Christopher Columbus is)

ESTIMATED DURATION: 45 minutes session.

MATERIALS NEEDED: Cards with actions, five pictures showing the games: Limbo, Rat's tail, Clockwise, Strip rope and Aerialist, five sentences saying: " ___ you must jump over the rope, ___ you must walk under the rope, ___ you must catch on the rope, ___ you must step the rope, ___ you must pull the rope", Christopher Columbus Photo.

ATTACHED DOCUMENTS: Example photographs.

SUGGESTED LEVEL: 5th Primary (A1 level of English)

PROCEDURE

Warm up (10') Pre-teaching vocabulary:

- 1.- Teacher asks students: how many action verbs related to sport activities they know (turn, run, catch, bound, pass...) He can show a poster in order to help them.
- 2.- Teacher hands out different cards with actions and students have to do these actions round the track. When the teacher says "change" the students must change their card with another student and do the new action.
- 3.- Teacher says a number and students go into groups doing the actions the teacher says: " Go jumping to a two people group" They finish this task going into five people groups".

Main activity (25')

4.- Teacher has prepared a circuit. Each group goes from one station to another when the whistle blows. (They have to follow it clockwise)

In the stations, students find 5 ropes, a picture showing a game (Limbo, Rat's tail, Clockwise, Strip rope and Aerialist) and five sentences saying: " ___ you must jump over the rope, ___ you must walk under the rope, ___ you must catch on the rope, ___ you must step the rope, ___ you must pull the rope". First they have to match the correct sentence with the picture and after, they play until the whistle sounds.

Warm down (10')

5.- Students, gather in pairs, walk together and speak to each other: "My first game was (Limbo) and when you (Limbo) you must (walk) under the rope".

6.- Sit the students on the floor and get them to stretch their muscles while the teacher shows a Christopher Columbus Photo and ask them about him. Next, they close their eyes and the teacher says: "Imagine Christopher Columbus jumping, stepping..."



walking



running







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