



# The Badge of Versatility

Lesson plan for classes of the second level of primary schools /PE lesson/

**The author:** Slovak team of teachers

**Learning Objectives:** Students will be able to

- support the processes of self-knowledge and self-control during active physical activity
- create optimal development of health-oriented fitness
- form a positive relationship to physical education, physical activities, and sports
- cultivate movement expression with an emphasis on proper posture

## **Instructional Sequence:**

1. Prepare the equipment:

stopwatch, whistle, recording sheet, 1 piece of mat, 4 pieces of cones 30 cm, 10 pieces of obstacles 30 cm, 4 pieces of obstacles 40 cm, 1 piece of skipping rope, 6 pieces of cones with holes, 3 sticks, 4 pieces of full 2 kg ball, 4 markers with numbers 1-4

2. familiarize the students with the principles of safety
3. acquaint with the objectives and procedure of the lesson
4. help the students to cope with sports activities
5. evaluate the lesson



## TASKS

1. Roll forward on the mat



2. Slalom between cones 4 pcs.



3. Jump over obstacles / height 30 cm / one leg 4 pcs.



4. Crawl under obstacles / height 40 cm / 4 pcs



5. Jumping over a jump rope 10x



6. Jumping over obstacles / height 30 cm / one leg 6 pcs.





7. Backing on all fours like a crab through obstacles / first hole on a cone / 3 obstacles



8. Carrying a full 2 kg ball to the marks 4 pcs.



**Procedure:** Pupils compete individually, the time is measured and the accuracy of the execution is also scored. The competitor must not touch any obstacle, or if it is thrown or touched, a penalty point is counted. The number of penalty points will be added to the resulting time in the 1 point = 1 second system

**Alternative:** Two identical obstacle courses can be competed by students in teams. The execution time is counted, or the baton is passed to each other by clapping hands, and the team's total time is tracked.

**Demo video:**

<https://www.youtube.com/watch?v=vj5-fv8nEXE&t=45s>



## Feedback Worksheet

1. Male – Female
2. Age \_\_\_\_\_
3. Did you received The Badge of versatility? \_\_\_\_\_

4. How do you feel after completing the activities?

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5. Did you have any obstacles/problems?

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6. Which activity was the best for you?

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7. Which activity was the worst and why?

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8. Are you motivated by this exercises to continue your sport activities in your free time?

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# Teachers notes

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