

Michele Gilchrist

Grade Level: 1st Grade

Subject(s) Area: Physical Education

Materials Needed: Red, yellow, and green handheld stoplights.

Standards:

- S1.E5.1 Rhythmic activities – combines locomotor and non-locomotor skills in a teacher-led rhythmic pattern.

Objectives:

- Students listen to directions and cues accordingly

Learning Activities:

- Students will play the stoplight game.
- The teacher will hold up the different color of stop light and the students will complete a different movement to each color. They will walk fast when the stoplight is green, walk really slow when the stoplight is yellow, and freeze in place when the stoplight is red.

Assessment:

- Student participation and demonstration of listening and watching the cues.

Reflection:

It was a quick, fun activity. The biggest problem was I didn't have buy-in from all of the students. There was a pod of students that didn't want to participate so they played the first round and then stayed at their desks for the rest of the game. I think it is a good morning warm up activity, but it is something that you can't do for a long period of time, maybe 10 minutes at most. It was fun and I think I will try it again to see what kind of results I get. Next time I will maybe have the students move to different parts of the room before the game starts to ensure participation.