



OUTDOOR LESSON PLAN



School	Agrupamento de Escolas de Moure e Ribeira do Neiva
Subject	Sports outdoors
Topic / Theme	Traditional and Popular Games
Time frame	April 2021
Level	7th grade
Activity	Play Traditional and popular Games in the context of a lesson as a school tournament
Objectives	<p>Get to know the socio-historical context of the traditional and characteristic games of our region;</p> <p>Cooperate with peers in the practice of traditional games, according to specific rules and technical standards.</p> <p>Develop a healthy and active lifestyle;</p> <p>Improve students' contact with the environment, understand and respect nature;</p> <p>Improve students' teamwork;</p>
Material Media Resources needed	Soda cans, ball of rags and a table; Rope; Hoops; Stilts; Bags
Description / Step-by-step procedure	<p>In-class competition between teams:</p> <ul style="list-style-type: none"> - Game of rope: two teams, one on each side, pull the rope until it passes the mark on the floor. - Game of the Stilts: each player takes a course (walking on top of the stilts) and then passes to another teammate and so on. The fastest team wins the game.

	<ul style="list-style-type: none"> - Game of de cans: each player throws a ball of rags (3 times) and tries to throw down the largest number of cans. - Game of the bow: each player takes a course (pushing the bow) and then passes to another teammate and so on. The fastest team wins the game. <p>Game of the hoops: each player shoots several hoops, trying to stick them on a spike.</p> <ul style="list-style-type: none"> - Game of Running bags: each player takes a course jumping (with your feet and legs inside the bags) and then pass it to another teammate and so on. The fastest team wins the game.
Reflection / Assessment	<p>Excellent activity to practice outdoors, motivating students to practice physical exercise and allowing to preserve traditions.</p> <p>The students were very motivated and the objectives of the activity were fulfilled.</p>
Atudents work examples	<p>Students can research different traditional games and present them to the class.</p>