

LESSON PLAN

PE/Health/ SEL

Developed by Troy Pickard, Olivet College, Olivet, MI

Treasure Island

Volume 11 | Gr. K-12
Time: 50 mins.



Materials list

- Cannon launchers, set of 6 launchers and 36 balls (PE08747)
- Super Scooters, 16"; 2 scooters per team (PE09199-PE09204)
- Foam bowling pins, set of 10; 4 pins per team (PE08674)
- · Floor Tape, 1", set of 6 rolls (PE08259)
- 36 RHINOskin® "Soft Play" balls, set of 6;
 6 per team (PE04237)

Objectives

Students will...

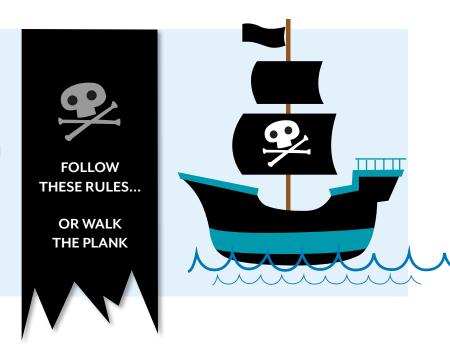
- Demonstrate teamwork and sportsmanship
- Learn how to develop strategies
- · Practice throwing skills
- · Increase cardiovascular endurance

Object of the game

To successfully knock down all of the other teams' bowling pins.

Ground rules

- Pirates may only bring 1 ball or person back to their ship at a time.
- Players on the ship are not allowed to bodyguard their pins.
- If a bowling pin is knocked over in any way (including by someone on the ship accidentally knocking it over), the pin must remain knocked over and cannot be set back up.



How to set up

1. Divide the class into teams of 4 or 5 and give each team a designated taped off area for their ship, 1 cannon launcher, 2 scooters, and 4 bowling pins.







Pirates

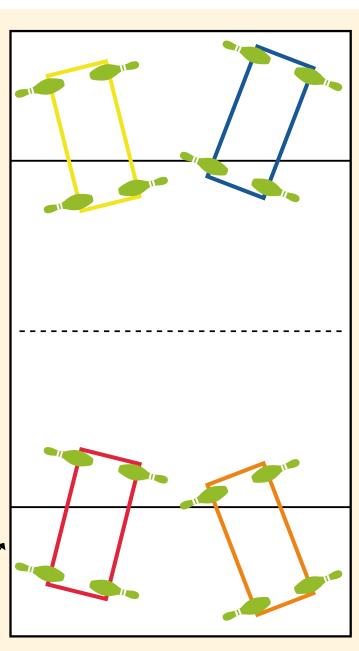
Throwers

Cannon Blasters

Each team will assign roles to team members. Two members will be Pirates and use the scooters. The other team members will be either Throwers or Cannon Blasters.

2. Each team will place their 4 bowling pins in the corners of their taped off area (ships).

Each ship will start with 4 small cannon balls (use the ones included with the cannon launchers) and 6 large RHINOskin® balls.



How to play

When the game begins:



Throwers will use the large dodgeballs to try to knock over the bowling pins of the other ships.





Cannon Blasters will use the cannon launchers to shoot the smaller balls to try to hit the Pirates or people on the other ships.



Pirates will use the scooters to go around the gym and retrieve any of the large and small balls not currently on a ship. Pirates will bring these balls back to their own ship.

*Pirates may bring back balls of any color, but they may only bring 1 ball back at a time.



If all of a team's bowling pins are knocked over, their ship has sunk, and all team members must sit where they are. This includes the Pirates. If a person gets hit by a cannon ball, they must go outside of the lines and complete 20 good push-ups and 20 good sit-ups before returning to their team.



Pirates from the other teams may also retrieve the people from a sunken ship and bring them back to their own ship. When a person from a sunken ship has been brought back to another ship, the person will join that team and continue to do the same job they did for their original team.



The team whose ship is the last ship left wins the game.





SEL Power-Up Reflection

Suggested questions for an SEL-focused discussion after the game.

GROUP REFLECTION

- 1. Did your group come up with a strategy for defense and offense?
- 2. How did it feel when you knocked down a pin? Or when your pin fell?
- 3. What do those feelings tell us about the other group's playing?
- 4. Can you think of any examples in your daily life or in the world that might be similar to this game?
- 5. Was teamwork important? Why or why not?
- 6. Can you identify a moment when your team did not make a responsible decision while playing?
- 7. Did you have disagreements with your team? If so, at what points and why?
- 8. How did you resolve any disagreements or issues that arose?
- 9. What role did communication play in the game?

SELF-REFLECTION

- 1. Which of your strengths helped the team?
- 2. Which of your weaknesses can you target to improve as a team player?
- 3. Did I do my best to be a team player?

