

**EXTENSION
ACTIVITY**

BOOK TITLE
**We Like
To Play**

TOPIC
**Physical Activity
and Injury Prevention**



**Essential
Question**

How can we stay safe while playing games at school?



Teaching Strategy

In this lesson, the teacher will focus on having the students relate the material to their own experiences, and it requires hands-on, active participation from both the teacher and the students.

REQUIRED MATERIALS

- Chart paper
- Drawing paper
- Drawing utensils (crayons or markers)

LEARNING CONNECTION

This activity will show the students how to be safe while playing at school. It builds on the students' knowledge of the book *We Like to Play*, which introduces the students to fun physical activities that they can do with their friends at school.

LEARNING ACTIVITIES



Class discussion about the book.



Class discussion about the students' favourite games to play in the school playground.



Create a list of Playground Safety Rules.



Create a Playground Safety Rules poster.

LESSON PLAN: WE LIKE TO PLAY


1. Ask the students:

 **“Can you tell me what games and activities we learned about today in the book *We Like to Play*?”**

Answers: tag, dancing, hockey, soccer, and muskox push.


☛ Have the students list as many of the games and activities as they can remember.

2. Next, ask the students:


 **“What are some other games you like to play in the playground while you are at school?”**

☛ Let the students talk about some of their favourite games.

3. Say to the students:

 **“Playing outside at school is a lot of fun, but there are a few things we need to remember to do to keep ourselves safe. Today we are going to make a list of Playground Safety Rules that the whole class can follow. When we are finished, each of you is going to choose one of the rules from our list and make a poster that we can hang up in the school for other kids to see.”**

4. To create the list, ask the students the following prompting questions. Record the students' answers on a piece of chart paper in list form. Your class list of rules might look similar to the examples listed below.

 **“Is it important to have a teacher or other adult present when you are in the playground?”**

Answer: yes.

“Why is it important to have an adult present?”

Answer: in case someone gets hurt or needs help.

☛ Write the first rule on the chart paper:

☛ Rule 1: Always have an adult present when you are in the playground.

 **“What are some things we can do to play safely?”**

Answers might include: play carefully, don't push or pull others, don't get too close to moving equipment like swings, wait your turn during a game or for a piece of equipment, wear proper clothing, etc.

LESSON PLAN: WE LIKE TO PLAY

5. Write the following rules on the chart paper:

- ☛ Rule 2: Don't push or pull others.
- ☛ Rule 3: Don't get too close to moving equipment.
- ☛ Rule 4: Always wait your turn.
- ☛ Rule 5: Wear proper clothing.

6. Go through each of the rules written above and ask the students why each one is important. For example:



“Why is waiting your turn important?”

Answer: It is important to wait your turn so that no one gets hurt and so that everyone gets a chance to participate.

“Why is it important to wear proper clothing?”

Answer: It is important to wear proper clothing so you don't get too hot or too cold.

“Always make sure your shoes are tied so you don't trip, and make sure you aren't wearing loose clothing that can get easily tangled.”

7. Next, ask:



“Who should you talk to if you have a problem or need help?”

Answer: a teacher or another adult.

- ☛ Write the sixth rule on the chart paper.
- ☛ Rule 6: Ask an adult for help if there is a problem or if someone is hurt.

8. When you have finished creating your list of Playground Safety Rules, read over the list one more time with the students. Read the rules one at a time and have the students repeat each rule after you.

9. Hand out a piece of drawing paper to each student. Tell the students that they are going to design a poster showing one of the rules on the list. Before you begin, go through each rule again and ask the students to list some different things they could draw to represent each rule.

10. Allow the students to create their poster. When they are finished, display the posters throughout the classroom or within the school.

SHARING AND DISPLAYING (CLASSROOM REINFORCEMENT)

- ☛ Individual Playground Safety Rules posters