



Lesson Plan - Week of January 2, 2006

## Packy's Sportsmanship Challenge

### OBJECTIVES

- To foster positive cooperative/communication skills and strategy development.
- To reinforce Packy's pledge to promote good sportsmanship to achieve goals as a team (see Packy's Pledge and Packy's Team Pledge below - either can be used).

### SUGGESTED GRADE LEVEL

- Grades 3-5

### MATERIALS NEEDED

- Four hula hoops per team and cones for a starting and finish line
- 4 decorated index cards per team each with one of the four components of Packy's pledge. (The cards will be attached to the hoops)

### INTRODUCTION

- Discuss how cooperation is important in helping a group achieve its goal.
- Explain that today their group will have a challenge that they will need to solve in a positive manner.
- Introduce and or review different types of positive behaviors/communication skills (talk in respectful voice, allow all to contribute, etc.).

### CLASS SET-UP

- Divide students into groups of six or less.
- Use half of a volleyball court or similar area for the start and finish lines.
- Behind the starting line is the sinking ship; the finish line is Packy's Sportsmanship Island

## COMPETITION OVERVIEW

- Explain to the students that they will all be aboard a sinking ship (behind the start line). They may only use lifeboats (the hula hoops) to get to Packy's sportsmanship island, which is safety (the finish line).
- The objective is to get all the people safely off the boat as quickly as possible using the lifeboats.
- Give each group 1-2 minutes to brainstorm ideas on how to solve their dilemma; each member in the group must offer a suggestion before they decide on the course of action.
- Then tell groups they have (five or so) minutes to begin with. At the end of five minutes, gather groups and discuss what they have done, what has worked etc. Allow the students to begin again, using ideas they may have gathered.

## RULES

- Students may only step in the hoops and may pick up hoops, but only those that are empty. Hula-hoops cannot be dragged or tossed.
- Teams may take any number of passengers on the lifeboat but if any passenger steps out of the hoops all the people in the lifeboat must return to the ship.
- Teams may step out of the lifeboat only when they have reached the finish line but they may not throw the hoops back to the boat. (They will need to put one hoop in front of the other until they reach the finish line, but do not tell them this unless they absolutely cannot figure it out).

## CONCLUSION

At the end of the activity, discuss again the types of behaviors that were helpful to groups successfully completing the challenge. Discuss the importance of Packy's pledge in completing the challenge.

### Packy PlayFair's Pledge™

**F**ollow the Rules

**A**lways try your Best

**I**nclude Everyone

**R**espect your Opponent

**A**nd Have Fun!

### Packy PlayFair's Team Pledge™

**T**reat my opponents and the officials with respect

**E**ncourage & expect fair play from my teammates

**A**ccept defeat with grace and be humble in victory

**M**ake the team more important than myself

You can contact us at [info@packyplayfair.com](mailto:info@packyplayfair.com)