

**Physical Education Lesson Plan**  
**Makey Makey workout and a Repurposed gym**  
**Mr. Reed**  
**4/5th grade**

**Illinois Learning Standards:**

**19. Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.**

**19A) Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities.**

**20. Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.**

**20A) Know and apply the principles and components of health-related fitness.**

**21. Develop team-building skills by working with others through physical activity**

**21A) Demonstrate individual responsibility during activities**

**FRAMEWORK FOR 21ST CENTURY LEARNING**

***Communicate Clearly***

- **Demonstrate ability to work effectively and respectfully with diverse teams**
- **Exercise flexibility and willingness to be helpful in making necessary compromises to accomplish a common goal**
- **Assume shared responsibility for collaborative work, and value the individual contributions made by each team member**

**Class:** 5th grade

**Time:** Three class periods (120 mins)

**Lesson Objective:**

Students will work collaboratively to create exercises for specific muscle groups. They will repurpose the listed materials, along with the Makey Makay kit to complete this project. Students will also use the game template here: <https://scratch.mit.edu/projects/53517260/>, To display their game. Students are also encouraged to use the game as a template and modify or remix as needed. Student will also be asked to find other items, everyday items that can be used (repurposed) as part of a healthy lifestyle.

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**Warm up activity:**

Warm up walk and jog. When students enter the gym they will start to walk around the designated area. When they hear the music play, they begin jogging until the music stops.

**Warm up relay (skip, gallop, shuffle, and run)**

**Stretch**

**Aerobic activities**

- Jumping jacks: 10
- Push ups 10
- Sit ups:10

**Stretch**

- Shoulder stretch, 10 ct R, L
- Butterfly, 10 ct
- Straddle Stretch, 10 ct R, L, M

**Lesson Objective(s):**

**Physical:** To perform exercise that target specific muscle groups quadriceps, biceps, gastrocnemius, pectoralis major, and abdominals.

**Personal social:** Participate, working with others as a team, and being ready

**Cognitive:** Identify location of muscle group. Identify exercises that target specific muscle group selected.

**Materials needed:** Makey Makey kits (5), one for each group, extra wire, tinfoil, pipe cleaners, cardboard, and 5 laptop computers (one for each group). Could do the project with one kit and just have the groups alternate usage.

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**Lesson activity 1:**

During the course of this project students will be expected to keep in mind two questions, what are the benefits of life long fitness and how can they incorporate it into their daily lives, and what types of activities will increase their heart rate to their target range.

Students will review some basic exercises that we perform on a daily basis and discuss what muscles groups they target. We will also review the target heart rate range and how to measure it. The class will discuss what benefit these exercise have, what is the importance of knowing your target heart rate and maximum heart rate, and how that could effect or improve their lives. Students could relate this to a sport they play, or a job or chore they have, or an experience that one of their family members has had (health issue).

The class will then be shown the video: <http://tinkering.exploratorium.edu/tinkering/2012/06/15/makey-makey-physical-fitness-challenge>, and told that they will be completing a similar project. There are two parts to this project. One, is to use the Makey Makey kit to create an exercise game similar to one the shown to target specific muscles groups that the team has selected. The second will be for students to explore around their homes to see if they can find items that can be repurposed to do the same thing. For example, a rope or cords as a jump rope. A bucket as a basketball hoop and so on. The students will be asked to repurpose items in a way that will help maintain a healthy lifestyle.

**Lesson Activity 2: A repurposed gym**

As a teacher you repurpose everyday. Why just today I used old rags tied in knots as birdies for badminton. In the past chains and old trucker tires were used in the weight room. The second activity for this assignment is find 2 things each and that can be used to target your selected muscle group. As long as you can tell me how, and demonstrate all items will be accepted.

**Assessment:**

**Summative Assessment: [ \_\_/10]**

Does the Makey Makey game target the groups selected muscle group?  
Does the group answer how this exercise could improve someones lifestyle?  
Do the items repurpose target the selected muscle group?  
Did the exercises help students reach and stay in their target heart zone?  
Did the students have fun?

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**Formative Assessment:**

- Participation (must be in appropriate clothing, shoes to participate)
- Effort (contributing to group)
- Behavior (sportsmanship)