

LESSON PLAN

Cones Contest



"I don't see any reason why learning how to make the world better needs to be boring. It might sound cheesy but learning can be fun!"

Jordan Smallin, former GB Bobsleigh athlete.

LESSON OVERVIEW

Aim: To use a fun PE game to introduce an Eco-schools topic.

Suggested lesson time: Approx. 45 minutes

Age range: Any age/ ability - the lesson is designed to be adapted accordingly by varying complexity of language, follow up reports/ write-ups etc.

Main subject focus: PE and Eco-Schools Award (with potential for additional language - we will add Spanish words to link with our Proyecto Peru)

Inspiration: A lesson taught by Jordan when visiting schools to discuss his bobsleigh experiences and inspire students to pursue their own dreams. This lesson has been merged with an Eco-schools theme inspired by Jordan's love of nature.

Pre-planning

1. Choose an area for your lesson large enough to allow some running around. A 5 a side pitch size is easily enough for a class of 30.
2. Gather PE cones (1 cone per 3 students)
3. Choose an eco-schools topic to focus on for the final part of the lesson (see resources)
4. Gather some interesting objects/ photos connected to the eco-schools theme (see resources).



MAIN LESSON PLAN *(suggested resources on next page)*

Warm up (care for yourself)

- Choose a warm up that you feel confident to deliver and you feel is suitable for your students
- Before the main task and whilst students are catching breath discuss the importance of warming up and the need for clean air to breathe

Cone contest (care for each other - during a fun competition)

- Divide class into groups of three. One cone per three.
- Agree with group 4 full body poses eg. The Bolt pose, the Mo-Bot, a tree, a bird.
- Then play the cone contest. It is a little like musical chairs. Call out a pose. Then another. And keep going until you call out 'Cone!' The students all try to pick up their cone. The winners stay in the game.
- The rest of the class line up and watch game continue (you decide any extra class management issues/ student roles here)
- Play again until only 3 remain (only a couple of rounds max). Get class to sit in a circle to watch the final. Winner gets praise or prize of your choice. Repeat the game as many times as you like.

Circle Time (care for the environment)

- Still in the circle, give out eco-schools artifacts. Let students look, discuss and pass around.
- Lead a discussion on artifacts appropriate to your students. Explain that the 'care agenda' (see resources) should underpin the eco-schools topic.
- End session with 'next steps' discussion

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Resources



- Cones
- [Eco-schools Topic](#) artifacts of your choice - we will use ones related to Proyecto Peru (with Spanish words too) for the Global Citizenship topic. These will be a mix of Peruvian artifacts, food and photos. You should choose a topic you have a passion for. Make sure you have enough artifacts for one per three students (cone teams)
- If you want to explore air quality more (for warm up or eco-schools topic) please visit [Clean Air Day](#)
- The Care Agenda is a simple holistic concept of caring for yourself, each other and the environment. The lesson has been designed to allow discussion of this if it feels useful.
- Ask a PE teacher. It is a competitive PE based lesson. If you want extra support ask a PE teacher or PE co-ordinator. If in doubt follow Martin's simple rule: **safety first/ fun second/ learning third.**

If you do nothing else do these four things:

- Sign up for [Outdoor Classroom Day](#)
- Register for [Eco-Schools](#)
- Join the [London National Park City Schools Network](#)
- Find amazing resources at [Transform Our World](#)



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