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Active Club

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NEBRASKA HONORS PROGRAM
CLC EXPANDED LEARNING OPPORTUNITY CLUBS
INFORMATION SHEET

Name of Club: Active Club

Age/Grade Level: 3rd-5th Grade

Number of Attendees: (ideal number)
10-16

Goal of the Club: (learning objectives/outcomes)

Learn different large group games while working on teamwork skills.

Resources: (Information for club provided by)

Knowledge of different sports games, various websites explaining rules

Content Areas: (check all that apply)

- Arts (Visual, Music, Theater & Performance)
- Literacy
- STEM (Science, Technology, Engineering & Math)
- Social Studies
- Wellness (Physical Education, Health, Nutrition & Character Education)

Outputs or final products: (Does the club have a final product/project to showcase to community?)

N/A

Introducing your Club/Activities:

Active club is intended to be a place for students to go relax, have fun, and exercise after a long day of sitting in school.

General Directions:

Gather students, introduce the activity, begin the game/activity.

Tips/Tricks:

Encourage all students to participate, even if they aren't wanting to. Give them options, offer to play with them, etc.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Introductions/Knockout

Name:

Length of Activity: 45 min.

Supplies: Basketballs and Hoops

Directions:

First, gather the group in a circle and play a name game to make sure that everyone knows each other. After introducing the students, introduce yourselves to them. Lastly, introduce the game Knockout to the students, and play the game. The students who get out earlier than later can start a second game on the other hoop.

Conclusion of the activity:

We played multiple games of Knockout and helped those that were struggling when they got out to be okay with not always winning.

Parts of activity that worked:

The actual game of knockout went very well for the group. They started to get the hang of it, and really enjoyed the game.

Parts of activity that did not work:

The introductions took a little too long, and we lost the interest of a few children.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Basketball

Name:

Length of Activity: 45 min.

Supplies: Basketballs and Hoops

Directions:

First, start with a warmup and review of Knockout from last week's club to refresh their memories and warm them up. Next, explain the rules of basketball and pick captains based on students that were displaying good behavior. Finalize the teams and begin to play.

Conclusion of the activity:

We found that the students really enjoyed playing basketball, and that they were all able to enjoy it and have fun working together.

Parts of activity that worked:

They loved playing basketball and didn't want the club to end.

Parts of activity that did not work:

The students really enjoyed basketball, the only issue was that some of them were a little too aggressive as the competition went on.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Name: Soccer

Length of Activity: 45 min.

Supplies: Soccer Balls and Fields

Directions:

Gather the group and get to the soccer fields. Explain the rules before entering the fields. Pick captains based on good behavior and those that haven't previously been captains. Finalize teams, making sure there is a goalie on each, and begin to play.

Conclusion of the activity:

The students enjoyed playing soccer and being outside. The fresh air is so important for them.

Parts of activity that worked:

For the students that did participate the whole time in soccer, they had a lot of fun, and it was a success.

Parts of activity that did not work:

Less students enjoyed soccer compared to basketball, and so a couple of students sat out during a portion of the game. Since we were outside, some of them wanted to go play on the playground instead of playing soccer.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Name: Kickball

Length of Activity: 45 min.

Supplies: Large Bouncy Ball and Bases

Directions:

First, gather the group of kids in the gym and explain the game. Once all of the rules are explained, split into two teams and begin to play.

Conclusion of the activity:

Most of the students had never played kickball prior to club, so it took some of them a while to pick up.

Parts of activity that worked:

The students really enjoyed learning and playing a new game.

Parts of activity that did not work:

This activity worked really well and students didn't want to leave. Students weren't the best pitchers though, so it was easier to have one of the club leaders pitching the ball.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Capture The Flag

Name:

Length of Activity: 45 min.

Supplies: Flags, Cones, and a Jail Area

Directions:

Gather the materials while waiting on students. Take the students to the field and go over the rules of Capture the Flag. Start the teams on the far end of their sides and begin to play.

Conclusion of the activity:

We ended up playing the game with the students to encourage good teamwork and sportsmanship as they are both important skills that many of these students were working on.

Parts of activity that worked:

The students really liked the game, and for the most part, played fair and by the rules.

Parts of activity that did not work:

There were a couple of students that attempted to be sneaky and cheat during the game.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Scooter Activities

Name:

Length of Activity: 45 min.

Supplies: Scooters

Directions:

Each student gets their own scooter. Have them line up at one end of the gym and have them race to the other end. There can be multiple races, each facing a different way or using the scooter differently (forwards/backwards, sitting/on stomach etc.) Then they can be placed into groups with partners as well as larger teams. This way there can be relay races and the students practice teamwork.

Conclusion of the activity:

Students had fun, got in some exercise, and worked together.

Parts of activity that worked:

The students were engaged and listened well. They also worked well in their assigned teams even if they weren't with their closest friends. They were also safe with the scooters.

Parts of activity that did not work:

The activity did not take as long as planned, so it might be good to have a second activity planned out as a back up. For example, we played a few rounds of Knockout.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Name: Volleyball Skills

Length of Activity: 45 min.

Supplies: Volleyballs, a court, and a net

Directions:

Pair the students up, each pair with a volleyball. Demonstrate a bump, set, and spike and have them practice passing the ball. Then explain the rules of a volleyball game. Split into two teams and play a few games.

Conclusion of the activity:

The students learned a new sport or practiced a sport they knew already. They improved their volleyball skills and had fun being competitive in their teams.

Parts of activity that worked:

The kids that got a hang of the skills had a great time. They got super into it and were really putting forth full efforts.

Parts of activity that did not work:

Although most students improved, some students got frustrated when they couldn't hit the ball as well as they would've liked to considering that volleyball is a difficult sport to master.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Name: Four Square

Length of Activity: 45 min.

Supplies: Four Square ball and a divided court on the gym floor or outside

Directions:

Find a ball and a court. Explain the rules of Four Square and show the students how to hit the ball. Take turns playing, and eventually start multiple games at once when the students get the hang of it. Some kids may get bored of this, so after a while some kids can keep playing and others can have free time in the gym to play previously learned games.

Conclusion of the activity:

The students grew confidence in a new activity. They will then be able to teach this game to other kids at recess and play it anywhere.

Parts of activity that worked:

The kids had fun and got excited about learning a new game. They were competitive and wanted to get up to the "top square" of the court.

Parts of activity that did not work:

Some kids were upset when they got out. After that instead of joining a new game they didn't want to play anymore.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Name: Pin Knockdown

Length of Activity: 45 min.

Supplies: Pins and soft foam balls

Directions:

Explain the rules of Pin Knockdown. Place 5 pins lined up at each end of the gym. The balls are lined up in the center of the gym. The team on each side tries to knock down all of the other teams' pins. Play several rounds of this and mix up the teams. Give the kids free time at the end as this is the final club.

Conclusion of the activity:

Kids learned a new game and practiced working in teams towards a common goal. They enjoyed the game as it is different from traditional sports.

Parts of activity that worked:

The kids had fun, were running around, and getting in some exercise. They were successful in throwing the balls across the court to knock down the pins.

Parts of activity that did not work:

Some kids were guarding their pins and not really playing the game, so be sure to explain that guarding isn't allowed in the rules.
