

Lesson Plan Form

Day and Date: September 3, 2024 (Tuesday)



Staff Member(s) Leading Activity

Think About It:	
Activity Title/Description:	Ancient Triathlon
Skills children will accomplish: Teamwork Fine oral motor skills Spatial awareness and directionality	Cultural awareness, gross motor skills, Patience
Which S.T.E.A.M. skills can be applied?	Telling time, estimating distances, estimating speed required
Child's Role in the Activity (e.g., Leadership/Participant)	Participant
Is additional staff needed? If so, describe.	No
Space Needed:	Outdoor space preferred, gym ok.
Activity will work in multiple spaces?	Yes
Materials Needed? I will supply all materials needed except for food coloring and cups.	Sticks for "javelin throwing" but I don't bring them. I'll bring measuring tape too.
Activity Introduction/ Sell It:	Back in Ancient Greece, where the Parthenon was built, sports were a very big deal. They even did things like triathlons, but theirs included sports like running, jumping, and javelin #
Activity Directions:	<ol style="list-style-type: none"> 1. Children split into 3 groups. 2. One child from each group competes in a "javelin throw" at a time. Measurements taken before next 3 compete. When all have had a turn, switch activities. 3. All children compete in a foot race, simultaneously. <ol style="list-style-type: none"> 1. First the children will mix their own bubble solution in a small cup. 2. They will each get food coloring of their choice dropped into the bubble cup. 3. The children will use the straw to blow bubbles in their cup. 4. Once bubbles are formed, the children will lay the fresh paper on the

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top of their bubbles creating a print on the paper. They can move from one cup to another in order to get rainbow colors on each sheet.	4. One child at a time attempts a long jump. Measurements taken before next contestant.
Wrap up- Discuss activity highlights, benefits, successes, take aways	Starting w/ foot race is helpful. Gave great opportunities to talk about sports over time. Added 2-person fencing w/ pool noodles @ end.
Activity Duration: 30 minutes	1hr
What pitfalls might you expect? How would you remedy them?	Frustration over who goes first. I'd remedy that by making expectations clear and reassuring that everyone will get a turn.
Evaluate the activity – What went well? What modifications would you make next time?	- The kids had a lot of fun, no one got hurt, and each activity was completed w/o kids wanting to switch activities - Standard/premade lists to determine who goes first for long jump, javelin throw.