RESOURCES FOR PE TEACHERS IN A BILINGUAL EDUCATION

- Jose Gregorio Lucerón Muñoz
- Sergio Sierra Guzmán
- Rafael Alegre Zafra
- Jesús Moral Carretón

Introduction

The main purpose of this compilation is to help PE teachers to develop different activities based on the bilingual program CLIL, in which is very important to make pupils use the language.

We are labelling the different games following the next features:

- Type (warm up….)

- WALT (today we are learning to) WILF (what I am looking for) Content Goal (CG) Language Goal (LG)

- Material

- Briefly description with some possible variations.

Justification

- **Language Across the Curriculum**

  "Teachers should develop pupils spoken language, reading, writing and vocabulary as integral aspects of the teaching of every subject. English is both a subject in its own right and the medium for teaching; for pupils, understanding the language provides access to the whole curriculum. Fluency in the English language is an essential foundation for success in all subjects."

  National Curriculum 2014

Resources

1. 21
2. Count to 5
3. Rock, paper, scissors
4. Human Knot
5. Hoops and Cones
6. Floor is lava
7. Hoops and questions
8. Skeleton puzzle

Resources

9. Rounders
10. Orchestra
11. Circuit with random obstacles
12. Snowman challenge
13. "Pañuelo" with phonics
14. Phonics relay race
15. Leading the warm up
16. Teachin dance with a dice
17. Space challenge
18. Classifying people
19. Sport quiz

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- Type: Competitive game that can be used to create groups or draws
- WALT: Interact with a partner through language
- Content Goal (CG): Corporal language, creativity
- Language Goal (LG): Numbers, pronuntation
- Moment: Any
- Material: -

- Description:

In pairs. Student that says 21 lose. Each person can say one, two or three number.

For example: Player 1: 1 - Player 2: 2,3 - Player 1: 4,5,6 - Player 2: 7,8...

Count to 5

- Type: Warm up exercise, the main purpose is to activate the brain and also the body for the main part of the class
- WALT: Understand the concept and the objective of the warm up and his importance for the practice
- Content Goal (CG): Warming Up, Body activation
- Language Goal (LG): Introducing some words related with the topic, practice the phonetic
- Moment: Beginning of the session
- Material: No needed

- Description:

The main purpose is to complete a series of numbers with the help of a partner, they have to say alternatively the numbers from 1 to 5, until the teacher says end.

- Variation:

▪ You can change a number for a word, for example 3 for football, the serie would be 1,2, football, 4,5

▪ You can change a number for a movement, for example 5 for one handshake, so the series would be 1,2, football, 4, handshake

Rock paper scissor

- Type: Competitive game
- WALT: Interact with a partner through language
- Content Goal (CG): Corporal language, creativity
- Language Goal (LG): Talk with your partner to make decission
- Moment: Any
- Material: -

- Description:

In pairs. At the count of 3, both person have to show one of this options: rock (fist) , paper (open hand) or scissors (second and third finger). Rock beats scissors, paper beats rock and scissors beat paper.

- Variation: Each pair have to invent a new gesture for each option.

Then among everybody they can choose the one who is more imaginative, funniest or whatever.

You can use this game to make groups or draws for any activity.

Human Knot

- Type: It´s a cooperative game, you can use it at any moment.
- WALT: Team work
- Content Goal (CG): Corporal language, resolution of problems.
- Language Goal (LG): Talk with a group to find a solution.
- Material: -

- Description:

- In a group, make a circle before each person have to hold hand with two different people. After every person in the team have done it, they have to "untie" and finish back in the circle.

- Variation: More people, more difficult it would be. We can play with it in order in order to achieve our goal.

Hoops and Cones

- Type: Invasive Game

- WALT: How to capture more cones that our rivals, working as a team

- Content Goal (CG): Speed, Coordination, Agility, Stamina

- Language Goal (LG): Using different patterns of conversation in order to facilitate the communication

- Moment: Main part of the session

- Material: 4-6 hoops, 20-30 cones

- Description:

We split the class in groups or 4,5 people. Each group has a hoop with 5 cones of one color inside, there is also a green cone that gives 10 points in the middle of the court. The cones of the team give 1 point, the cones for the others teams give 5 points. The main purpose is to obtain more points than the others team, stealing their cones. Only one person of the team can be outside stealing the rest must be waiting around the hoop, but they can´t bother the rivals to steal their cones. They can alternate the runner.

- Variation:

- It is possible to change the place of the hoop

- 2 People can go for looking the cones of other teams

- All can go for looking the cones of the rivals

- Change the points of the cones
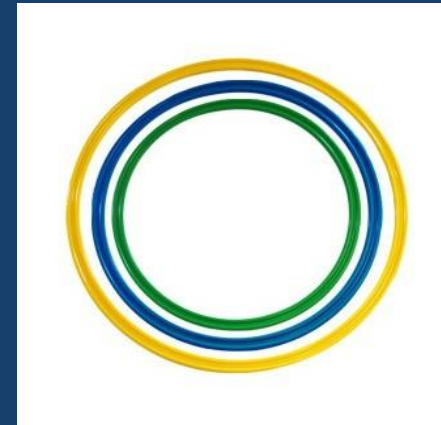
Floor is lava

- Type: It´s a cooperative game, you can use it at any moment.
- WALT: Team work
- Content Goal (CG): Coordination.
- Language Goal (LG): Talk with a group to find a solution.
- Moment: Main part
- Material: Mats, hoops

- Description:

In a group, you have to find a way to cross from one side of the court to the other without stepping out of the material that each team have.

At the beggining, it´s important to persuade students to do it slowly, to achieve the goal.

- Variation

- You can play it like a competition.

- Using time restriction is a way to increase the dificulties.

- Numer of materials. Transportation of water in a glass.

Hoops and questions

- Type: It can be use in a raining day (you do not need too much space) and to reinforce knowledge

- WALT: Identify the different muscles and bones in our body

- Content Goal (CG): Muscles, bones, part of the body

- Language Goal (LG): Make and answer questions about the different topics; Can you list three bones of the skeleton?, could you classify the type of bones in upperbody and lower body? Which bones will you use when kicking a football? What is the function of the Mandible?

- Moment: Main part

- Material: Ball, 4 hoops

- Description:
- This game is played between two teams and the aim of the game is to score the most point. Teams can be from 2 players to 8 players. It will played in a square are with 4 hopos located in the corners. In order to score a point one person of the team has to catch the ball inside one of the hoops. Then, one member of the opposite team has to make a question about the topic given. If the person in the hoop answers right, he will get a point for his team.
- Variation:
- The topic can be everything: Rules of a sport, fitness, body systems, training methods, skills, so on.
- Limit the number of passes between the people of the same team.
- It is allow to bounce ball.
- To give a time limit for aswering the question.
- For every hoop there is a especific topic

Skeleton puzzle

- Type: Cooperative game
- WALT: Team work
- Content Goal (CG): Anatomy/Bones
- Language Goal (LG): Talk with a group to find a solution
- Moment: Main part
- Material: Plastic toy skeleton

- Description:
- In groups, using a plastic skeleton, each team has to attach each piece correctly as soon as possible
- You can play it like a competition
- Variation:
- If you don´t have a plastic skeleton to work with, you can use cards or printable
- It can be suitable for other contents of the subject
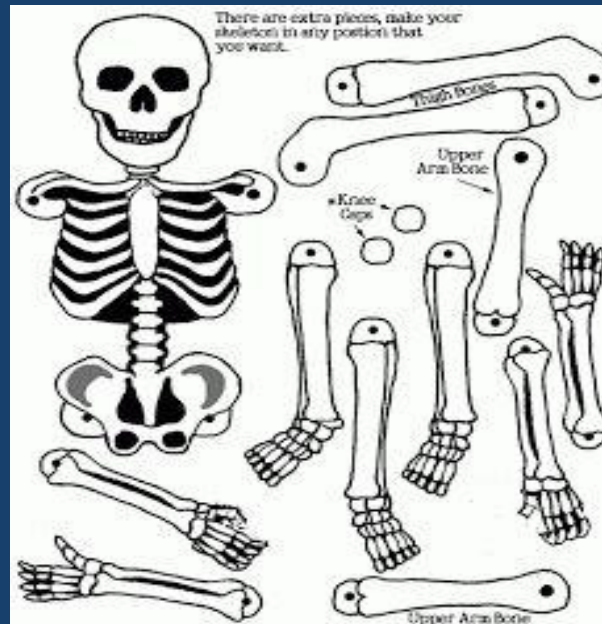
Rounders

- Type: Sport
- WALT: Basic rules and how to play
- Content Goal (CG): Sport, basic techniques of it
- Language Goal (LG): Rules and explanation of the basic techniques
- Moment: Main part of the session
- Material: Bat and tennis ball

- Description:

Split the class in two teams, place the defensive team in the 4 fields and in the outfield for trying to capture the ball of the batter. Batter is in the backstop and try to bat the ball that throws the pitcher
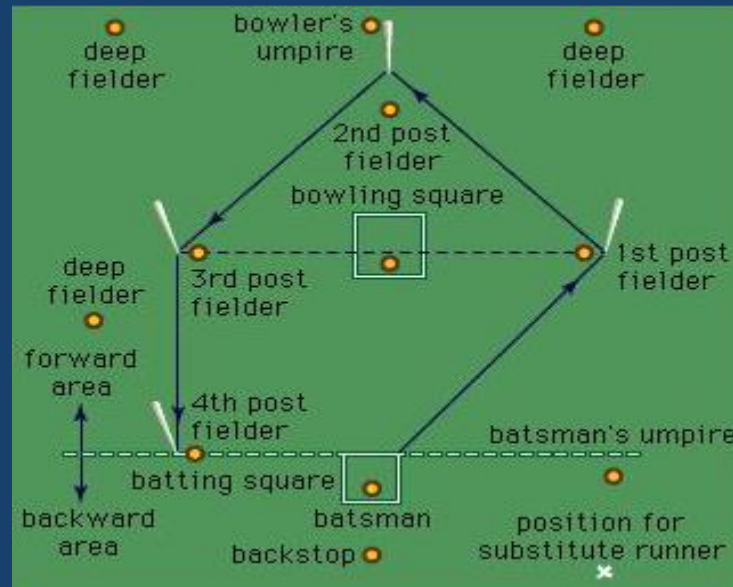
Orchestra

- Type: It can be used in a warm up, warm down, raining day and in the main part of the session
- WALT: Improve the motor skills, coordination, strength
- Content Goal (CG): It can be everything: a balance, motor skill, strength excercise, so on
- Language Goal (LG): To use the right sound for every phoneme. Digraphs, trigraphs
- Moment: Warm up
- Material: Flashcards

- Description:

This game can be played for 2, 3, 4 o more teams. The children Will pretend to be a orchestry which Will be conducted by the Teacher. So, we will give different sound (flashcard) to the children. As son as the teacher point at one group this group will start to do that sound

- Variation:

We also can add movement or basic motor skills to those sound, so that, when the teaher point at one group, not only they will make the sound, but also a balance, or a jump

Circuit with ramdom obstacles

- Type: Warming up, Fun game

- WALT: How to use our body to overcome the different obstacles

- Content Goal (CG): Coordination, Agility, Speed

- Language Goal (LG): Interaction with the rest of the partners in order to find the best way to pass the obstacle

- Moment: Beginning of the session

- Material: Chairs, Desk, Bench

- Description:

The students are walking at the same pace following an order. Randomly the students can create by themselves one obstacle, using materials or their own bodies. The rest of the students have to pass the circuit at the same time that they can create obstacles.

- Variation:

Using Music
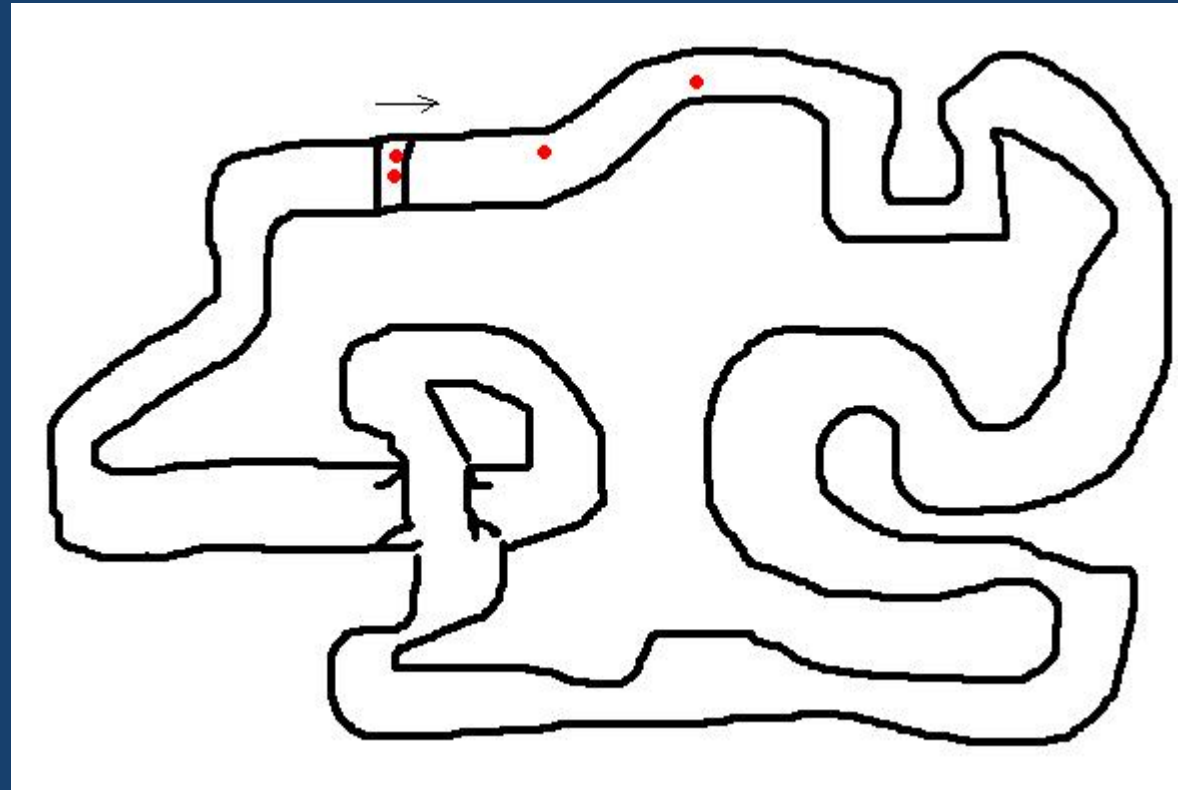
Snowman challenge

- Type: Running game

- WALT: Improve the aerobic endurance and get physical

- Content Goal (CG): Stamina, timing, creativity, Maths

- Language Goal (LG): All the vocabulary relating to discussion about the different challenges. How quickly can you run around the head? How quickly can you run around the body? How quickly can you run a figure of eight around the snowman? So the need to discuss this in groups and plan how they might achieve this. It could lead to methods of training, diet for exercise, heart rate measuring, so on.

- Moment: Warm up or main part

- Material: Cones

- Description:

In order to engage children into running we will change the course where they usually run for a snowman course. It will motivate children and they will be running in no time at all. So, we will set up a snowman course for them. Later we will give them the challenge of breaking the word record. All of them, will try to do it as a whole team.

- Variation
- Children less able will run around the head and children more physical will run around the body.
- Handicap race
- Laces up race
- Pair race
- How many laps can you run in 2 minutes
- Also you can use this snowman not jus for running, also to work different skills, where the body is going to be the area for the lower ability groups (the teacher will be in the middle) and the head will be the are for the higher ability groups.

SNOWMAN, HANDICAP RACE

SNOWMAN
RUNNING
WIGH A PAIR

"Pañuelo" with phonics

- Type: Running. Competitive
- WALT: Identify the different sound in English.
- Content Goal (CG): Digraphs, trigraphs and the pañuelo game.
- Language Goal (LG): To use the right sound for every phoneme.
- Moment: Warm up, raining day, warm down
- Material: Flascards

- Description:

It is a game played between two teams and the aim of the game is to score the most point. Teams can be from 2 players to 8 players. One team is in the right and side and the other team is in the left and side. The teacher is between both teams. Every person in each team has different words which are relating to different diagraphs. The teacher will show a flascard with a digraphs. The whole team will have to say the right sound and the person who has the linking word will have to run to take the flascard before the person from the other team does it.

- Variation:

- You can play with trigraphs

- It can be played other way. Instead of giving words to the children, you can give them digraphs so the teacher will show a word.

PAÑUELO WITH PHONICS.
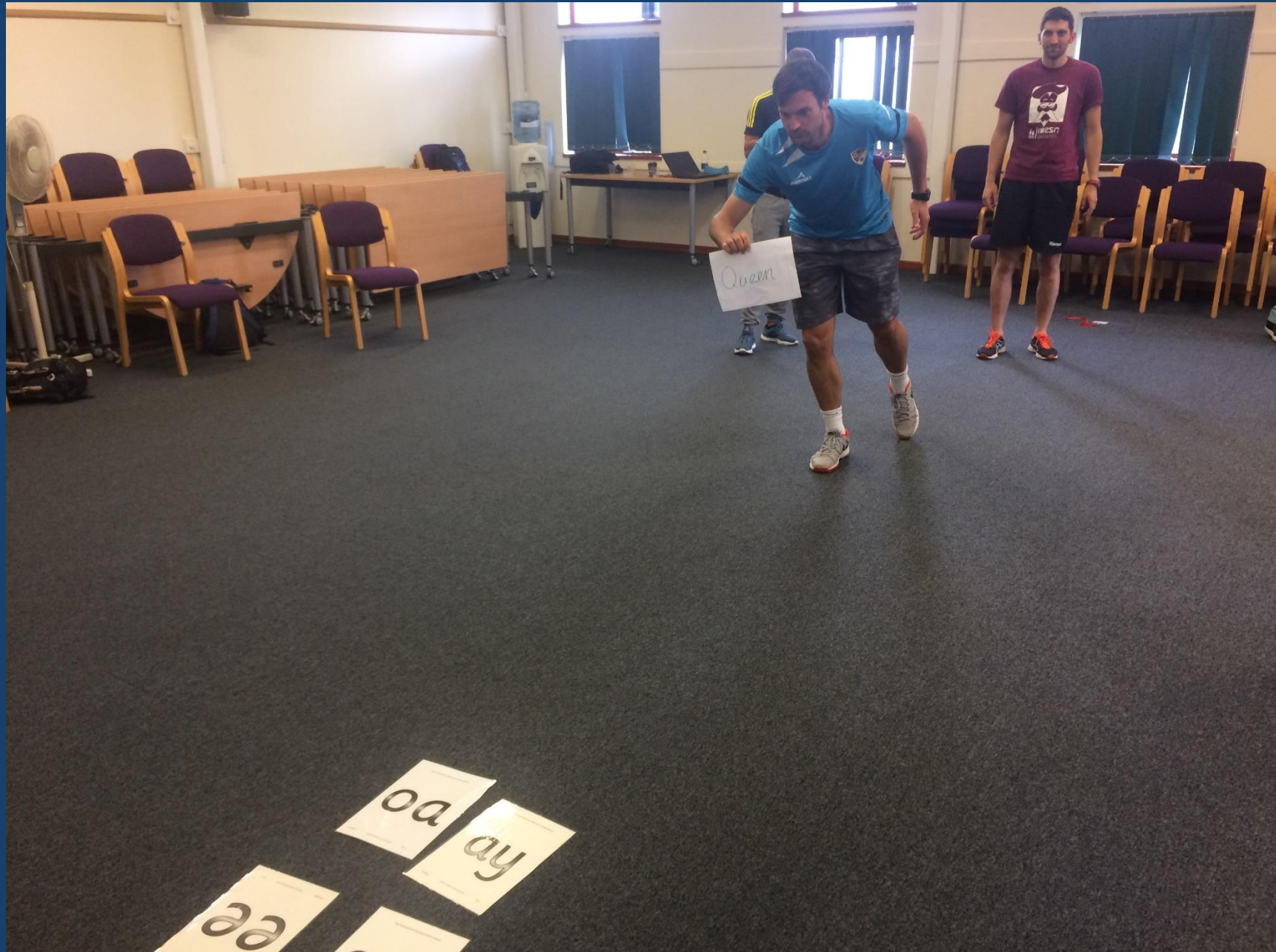
Phonics relay race

- Type: Running
- WALT: Improve the anaerobic endurance
- Content Goal (CG): Anaerobic endurance
- Language Goal (LG): To use the right sound for every phoneme. Digraphs, trigraphs
- Moment: Main part
- Material: Flascards

- Description

A relay race is a racing competition where members of a team take turns completing parts of racecourse or performing a certain action or task. In this case, a flascard with a digraphs will be given to every member of the team. Then, they will need to run to the other side of the room and take the right word which is relating to the sound before they come back

- Variation

- It can be played other way. Instead of giving digraphs to the children, you can give them word so they need to pick up a diagraph.

- Before every member of the team starts running, you can make them repite the sound at the same time.

PHONICS RELAY RACE.

Leading the warm up

- Type: Warm up
- WALT: Prepare the body for the main part of the session.
- Content Goal (CG): Warm up: joint mobility and stretching.
- Language Goal (LG): Learn new vocabulary related to the parts of the body (joints, muscles, etc.) Explain the exercises.
- Moment: Warm up.
- Material: None.

- Description

The first part is in pairs. One person explain one warm up exercise to the other, and then change. The second part is to explain the exercise to the rest of the class and everybody has to do it at the same time.

- Variation
- Speaking is not allowed. You have to use your body language to explain.

Teaching dance with a dice

- Type: Body expression
- WALT: To make and to perform a choreography applying the different movements and skills learnt.
- Content Goal (CG): Individual choreographies.
- Language Goal (LG): Learn new vocabulary related to body movements, skills (jumps, travelling, etc.)
- Moment: Main part.
- Material: Free to use: hoops, balls, ropes, etc.

- Description

Different movements related to the body and to the space-time are explained. Every movement has a number (1-6). You throw the dice x times and you write down the sequence. Now you have your own choreography. Practice the movements individually. Finally, music is played and everybody perform their choreo at the same time.

- Variation

- In groups. Try to coordinate the movements so that the groupal choreo makes sense.

- Adding new movements.

Space challenge

- Type: Cooperative
- WALT: To cooperate to reach the common goal.
- Content Goal (CG): Cooperative games.
- Language Goal (LG): Use the language to communicate ways to reach the goal (e.g. organizing people to use the less space).
- Moment: Main part.
- Material: mats and ropes.

- Description

Mats are displayed in a row. Each group has their own mats. Firstly, they have to get on the mats taking up the less space as possible. The rule is that no one can be out of the mat. Then, with a rope, the teacher marked the border between the group and the space left. Next time, they have to think another way of taking up even less space. Here they have to pool their ideas. See if they can be in one mat at least.

- Variation

- All the class together.

- Adding challenges/opportunities like everybody with only one leg on the mat…

Space challenge

Classifying people

- Type: Cooperative
- WALT: To cooperate to reach the common goal.
- Content Goal (CG): Cooperative games.
- Language Goal (LG): Use the language to communicate ways to reach the goal (e.g. organizing people to use the less space).
- Moment: Main part.
- Material: Benches.

- Description

Benches are displayed in a row. Each group has their own benches. Firstly, they have to get on the benches. The rule is that no one can be out of the bench. Then, the teacher told them one way to organize them. E.g. birth date, the youngest at the beginning and the oldest at the end. See which group organize themselves first correctly.

- Variation

- Other ways of organizing: height, weight, third letter of your first name, the house number, clothes colour, etc.

- All the class together.

Sport Quiz

- Type: Theoretical
- WALT: To know the main rules and skills of basketball and football.
- Content Goal (CG): Rules and skills of basketball and football.
- Language Goal (LG): Reading comprehension and communication skills.
- Moment: Main part.
- Material: Computers.

- Description

Computers displayed across the class. One in each corner. One group in each computer. There is a quiz in each computer. Each group has to complete it and pass to the next one. Each correct answer is one point. The team that gets more points wins the quiz.

- Variation
  - With time.