

Playground – all grades

Ready –

Have your outside clothes/gear on, At Lunchtime - Primary wing classes, bring coats etc. to lunch; Intermediate wing, either bring coats to lunch or you can leave them on the hooks outside room 14.

Use the restroom before you go outside.

Line basics when going to or from playground.

Responsible –

Follow playground rules.

Use the equipment according to playground rules.

If you take something out of the bin/cart, put it back.

Use problem-solving skills with other kids.

Respect –

Include others.

Share the equipment.

Listen to the adults who are outside.

Be respectful of equipment and play areas.

At Lincoln, you'll have recess around lunchtime most every day. Your teacher may take your class outside at another time during the day too. Today we're going to talk about being safe, ready, responsible and respectful on the playground.

Getting there is half the fun –

Do we look like an avalanche going to the playground? Line Basics – walking, no talking, hands to side, face the front, walk to the right.

Sometimes you'll be a line of one after you leave the cafeteria. What does a line of one look like? Same as any other line.

Remember, getting there is half the fun. If you are not doing Line Basics, you may lose some of your time on the playground. What about using the restroom? Use it before you go out otherwise you lose more play time. What do you need on when you go outside in January? Coats, boots, hat, mittens. Your teacher will help you figure out where to put your coat on after lunch.

Who's in charge? –

Who gives directions in the classroom? Who do you need to listen to in the classroom?

Teacher, student teacher, paraprofessional.

Is there anyone that gives directions, helps you stay safe and have fun on the playground?

Monitors, Carmen, Patty, teacher.

Here's the most important thing to remember from today's lesson: Listen to the adults who are outside and do what they ask you to do right away every time.

If someone breaks a rule on the playground, a grown up will probably ask that kid to sit on a bench for at least two minutes. If that kid is you, your job is to listen to the grown up and sit on the bench right away.

Whistle while you work –

Blow the whistle. Cool, huh? I'll bet the grown ups really have fun blowing that whistle outside. I'll bet they like to blow it just for the fun of it don't you think?

Oh, so what is the whistle for? What do you need to do when you hear it? Stop playing, line up, get ready to go inside right away.

But I've got at least two or three minutes left to play when the whistle blow, right? Line up right away, don't keep playing.

Specific Equipment/Materials/Games –

- 1) Wood chips, sand, snow, ice, sticks, rocks: Let's look around out here. What's on the ground? What about in winter? Where do all of those things need to be all the time? On the ground. What helps protect your feet out here? You need to wear shoes/boots on the playground at all times.
- 2) Space Net: Can anyone tell me some rules about playing on the Space Net?
 - a. Climb up/Climb down
 - b. Feet and hands on the ropes at all times
 - c. Please don't stand at the top and rock the blue poles back and forth
 - d. Somersaults – save them for tumbling in the gym
 - e. Skater/surfer moves – save them for your skateboard or your next trip to the beach
- 3) Swings: Can anyone tell me some rules about playing on the swings?
 - a. One rider at a time on all the swings
 - b. Please don't twist the chains
 - c. Please don't jump off or flip around when you are swinging high
 - d. Stay off the swing set poles
- 4) Teeter-totter: Can anyone tell me some rules about playing on the teeter-totter?
 - a. Standing teeter totter only
 - b. Three riders only
- 5) Slide: Can anyone tell me some rules about playing on the slide?
 - a. One kid at a time; wait for the kid in front of you to get off at the bottom; don't push the kid in front of you down.
 - b. 10 second rule on the blue platform
 - c. Take turns
- 6) Climbing rings: Can anyone tell me some rules about playing on the rings?
 - a. Maximum of four kids on a ring at a time
 - b. Go to the end; get out of the way
 - c. Take turns

- 7) Balls, jump ropes, shovels, buckets: There's some cool stuff out here to play with. Anyone remember any rules about that stuff?
- a. Balls and jump ropes on the blacktop
 - b. Bouncing ball toys on the grass
 - c. Shovels, buckets in the sand
 - d. Where do these things go when you are done with them or it's time to go inside? What if you didn't take it out, but you were the last one playing with it? Put the equipment away whether you took it out or not.
- 8) Games on the field/with equipment: How about if there is an organized game out on the field?
- a. Take turns
 - b. Follow the rules/play fair
 - c. Let everyone who wants to play
- 9) Tag: Are there any games that kids like to play that don't need any equipment?
- a. Touch tag only, no tackling.
 - b. Look out for other kids, especially ones who aren't playing tag when you are running.

What is the most important thing to remember about today's lesson and playing on the playground? Listen to the adults on the playground and do what they ask you to do right away.

What is the most important sound to listen for when you are on the playground? Whistle.