

SALMON RUN

Overview: The goal is to teach my Physical Education students about environmental factors that affect salmon that come from the ocean up the Columbia river past the dams up to the Salmon river in Riggins, Idaho. I want to use a game to get across to them that predators and dams have decimated their population.

Key Words: Jump roping, Running in place, Jumping Jacks, Mountain Climbers, Agility skills.

Age/Grade Range: 3-5 Specifically just the 5th Grade

Background: Even though we need to be moving in my class I think it is important to sit the students down and give them a hand out from the Fish and Game on how salmon live in the wild and how dams reack havick on their environment.

Physical Education Common Core Standards: 3-5.PE. 1.1.2, 3-5.PE 4.1.2, 3-5. P.E. 5.1.1, 3-5.PE.5.1.2

Goals: On the first day of class I will have students sit down and hand them their handout. We will talk and discuss about the life cycle of Salmon. I will explain to them that during our next class period when I see them we will play a game called Salmon run which will give them the idea of the complexity of the salmon life cycle.

Materials: Jump ropes for every child, 36 small floor marker cones, stairs up on the stage, stop watch, whistle.

Set Up: I need to make a map of how the gym floor will be set up for the game in case I have a substitute teacher along with the rules for the game. This way we will have clear understanding of what is going on.

Time/Duration: 2 30 minute class periods.

Introduction: Engage students by asking this question? What percent of salmon return to their native water on the Salmon River. According to (Idaho River United) www.idahorivers.org 15% to 30% of returning salmon die trying to go through 8 fishladders in the lower Snake river.

Activity and Explore: Now to the game students will line up at the far end of the gym with plenty of space between them. Each of them will have a jump rope. In this part of the game they will have to jump rope 40 times with both feet together in 60 sec. if they can do this they will have made it through the predators that feed on salmon such as seals, sharks, and Killer whales. The remaining students who are left will go to the floor cones they will start doing mountain climbers when the whistle blows twice they need to get to a cone of any color and touch it with their hand and freeze. I will call out yellow and everybody who is touching yellow is out because the turbans on the dam just eliminated them. We will do this 2 more times adding running in place and jumping jacks. This should weed out quite of few student and the last ones will face the fish ladder which is the stairs on the stage. Students will jog a lap as

they get to the stairs I will blow my whistle students caught on the stairs will be eliminated leaving the winners we will quickly figure out the math on what percent of the salmon made it through the game. We will keep the game moving quickly because I don't want students to sit out for too long.

Assessment: The last 5 min of class we will assess reflect by using math to figure out what percentage of students (salmon) made it through the game.

I think this will help make students more aware of their environment and I think that they will talk to their parents or guardians about what they have learned about salmon, waterways, and dams.