

Lesson Plan Title: Bootie Relay
(What a Difference a Second Makes—the Dick Mackey Story)

Developed by:
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Discipline / Subject: Physical education

Topic: Relay race using team work and cooperation

Grade Level: K – 5

Resources / References / Materials Teacher Needs:

- Five chairs per team (kindergarten chairs are perfect)
- Socks to use as booties—3 bags of baby socks (10 pair per bag) for 6-18 month,

Lesson Summary:

- Students work in teams of three to five to come up with the best strategy to bootie their dogs (chairs)
- Students start the race with chairs standing in a row. They may bootie their “dogs” in any fashion—even turning them upside down—but they must be returned to their upright position and all team members must return to the starting line before their task is complete

Standards Addressed: (Local, State, or National)

Department of Physical Education

6.c Students demonstrate a willingness to participate with peers regardless of diversity or disability.

6.d Students enjoy and interact with peer in a variety of physical settings.

6.e Students resolve conflicts in an acceptable manner

7.d Students recognize the benefits (social and physical) derived from participation in group games and activities.

7.e Students show a willingness to follow rules, procedures, and safety guidelines in all physical activity

7.f Students behave in a caring and helping manner toward all peers.

Learning Objectives:

Students will:

- Learn how to work together
- Learn how to effectively communicate with peers
- Contribute to team goals
- Learn how to be both leader and follower

Method of Assessment for Learning:

Observe students for successfully accomplishing the task following the given guidelines

Procedural Activities:

1. Divide the class evenly into three teams.
2. Review RACE character traits

3. Give each team a zip-lock bag of 20 “booties”
4. Line up three rows with five chairs in each.
5. Give students a few minutes to come up with their plan.
6. Each team lines up on the starting line.
7. The race commands are: On your mark, get set, GO!
8. The first complete team to get back to the starting line is the winner.

Materials Students Need:

Bag of “booties” and five “dogs”

Technology Utilized to Enhance Learning:

Iditarod.com—Dick Mackey video

Other Information:

I use this relay race at the end of camp and at the end of each session with my Key Talents class, and I always have it outside. In both of these situations we have studied the character traits that would make a good musher—Respect and responsibility, Attitude, Compassion, and Excellence. The first letter of each of these traits spells RACE, for The Last Great Race. Students have seen video clips, heard stories of exceptional mushers and their dogs. I tell students that I am looking for those same characteristics when they compete. That’s what matters most; showing these traits makes a real winner.

Modifications for Special Learners/ Enrichment Opportunities:

To get into the team spirit I have each team carry their “dogs” (chairs) outside. I also have each group name their team and have a group cheer. To extend the competition we have a second race to take the booties off the “dogs” using the same guidelines except that all of the booties must be back in the bag with the contestants at the finish line. Each team is responsible for bringing their dogs back to the “kennel,” the classroom.

