

EXTREME SPORTS

Lesson Plan

Formation Fun

Lesson Plan for *Skydiving*

Grade 2

Objective

To help students practice cooperative conversations and working together as a team to achieve a goal.

Things Needed

- *Skydiving* book
- A large, open space to play an active game

Before the Activity

Read *Skydiving* out loud to students.

Activity

To start, open the book to pages 20 and 21. Have students work together as a class to answer the following questions:

- What is formation skydiving? (Answer: Formation skydiving is an event where teams jump as groups and work together to form patterns.)
- How do formation skydivers form patterns? (They hold onto one another as they fall through the air. They grab one another's arms and legs to form shapes.)
- What skills would help formation skydivers work as a team? (Sample Answers: communication, coordination, trust, etc.)

Then, split the class into groups of five or six. Explain that each group will be like formation skydivers in a competition. Members of each group should stand close together in a small circle. Each person should reach into the middle of the circle and grab hands with two other students. Then, groups will race to untangle the crisscross of arms until they form one large circle. Students might have to turn around, lift an arm over someone's head, or even step over another person's arm. But they should never let go of either hand they are holding. If they let go, the group has to start over. The first group to untangle and form a circle wins.



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Some formation skydives can include hundreds of people. Once all the small groups successfully untangle, repeat the game as one big circle with everyone in the class. Then ask the following questions:

- Was the small circle or large circle harder to untangle?
- What skills or strategies made it easier to work together?

Evaluation

Were students able to answer the questions about formation skydiving? Were they able to work together to play the game?

Standards

This lesson plan may be used to address the Common Core State Standards' reading standards for informational texts, grade 2 (RI 2.1), and speaking and listening standards, grade 2 (SL 2.1).



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