



Swat the Fly: Physical Activity Lesson

Purpose

The purpose of the Swat the Fly lesson is for children to demonstrate mastery of fundamental skills for a lifetime of sport and recreational activities. Children will learn cognitive concepts and will enjoy playing the game. Through participating in the lesson, children will increase their physical activity levels.

Objectives

By participating in this activity, children will develop and acquire:

- Skills associated with aiming, striking, body movement, object control, and balance
- Skills associated with language development, consciousness of self, and social/emotional development
 - Including, but not limited to, imagination play, cooperative play, self-esteem development, leadership development, relationship building (with peers and teachers), and team building.
- Cardiovascular endurance

Materials

- Music and CD player/speakers
- Fly puppet
- Frisbees or vinyl plastic plates
 - Drill a hole through the Frisbee.
 - Insert a 4-foot length cord, and knot it under the rim.
 - Make two copies of the “fly” for each Frisbee.
 - Tape the image of the fly to each side of the Frisbee with clear packaging tape.
- Full size and half size foam pool noodles (fly swatters)
- Nylon cord for pulling each frisbee

Lesson Steps

1. Introduce yourself



2. Explain the purpose of the game
3. Introduce the fly puppet as a pest
4. Play “Shoo-Fly” song and have children stay in a circle to dance in place and shoo the fly puppet away if it flies near them
5. Deliver game instructions
6. Model the game

Adapted from Active Play! Fun Physical Activities for Young Children

Game Instructions

- Before the game
 - Clearly explain the instructions of the game
 - Inform children that everyone will have a turn chasing flies and dragging flies
 - Fly chasers will try to swat the flies
 - Fly draggers will try to avoid the swatters
 - Demonstrate proper fly dragging, fly swatting, and movement within the activity area (grass, playground, gym, etc.)
 - Pay attention to which children are actively playing; all children should be engaged in the activity
- During the game
 - Add music to control the tempo of the game
 - When music starts, the activity begins
 - When music ends, wrap up the activity
- After the game
 - Ask children to feel their heart and to think about their breathing
 - Explain the importance of being physically active
 - Ask: Do we want our hearts to be fast or slow? Is breathing heavily good or bad?

Modifications

- Game play
 - Pay attention to the speed at which children are moving. If some are running faster than others, have the faster children swat the fly and the slower children drag the fly.
- Adapting the game for indoor play
 - Start by suspending the flies from an overhead structure. Create space for swatters to swing their pool noodles safely.