



LESSON PLAN: BLOW THE WHISTLE ON NAME-CALLING

OVERVIEW: This lesson helps students develop a strategy for group self-monitoring of name-calling in the Physical Education class and may be transferred to recess.

OBJECTIVES:

- Students will describe the effects of name-calling.
- Students will be able to use the names of classmates
- Students will identify Safe Sports Space Rules
- Students will commit themselves to stopping name-calling in physical education class

AGE/EXPERIENCE LEVEL: Adaptable for 6-8

TIME: 1 class session

MATERIALS: A bag of tennis balls or nerf balls, Safe Sports Space Rules Poster, Physical Education Class Respect Pledge sheets and a pencil for each student (Safe Sports Space Posters, Stickers and PE Class Respect Pledge information are available at sports.glsen.org).

PROCEDURE:

Part 1:

1. Divide the class into groups of 8 students and ask each group of eight to stand in a circle about an arm's length apart. Give each circle one ball. Tell them to toss the ball around the circle and say their names as they catch the ball. Ask everyone to remember all the names of the people in their circle.
2. Ask each circle to designate a team captain who will begin the game for their circle. Describe the rules of the game: Tell students that they can toss the ball to anyone in their circle, but they must say the name of the person they are tossing the ball to. Tell them no one can touch the ball a second time until everyone has caught the ball once. Tell them to remember who they toss the ball to and who they received the ball from. Tell them to complete this same pattern of tossing the ball around the circle three times so that everyone can remember the pattern and learn names.
3. Next, on a signal from you, have each team captain begin the tossing pattern in their circle. The objective is for each circle to make three complete circuits of tosses and



names in the fastest time. If the ball is dropped, it must be retrieved and the circuit continues from that spot. Ready? Set? Go to determine the winner.

4. Now place a bag of extra balls in the center of the room. After the team captain from each circle starts the pattern, she or he can go get another ball to put into play in their circle, maintaining the same pattern of tossing and receiving with two balls. Team captains can add 2 or 3 or more balls as long as the students in the circle keeps the pattern going without dropping the balls and keep calling out the correct names of classmates.
5. Stop the game before total chaos ensues and ask how many balls each circle was able to keep going before the pattern broke down.

Part 2:

1. Invite everyone to come and sit in a circle.
2. Talk to the students about the importance of knowing the names of people in the class and using these names as one way to make the class fun, inclusive and respectful for everyone.
3. Ask students to think about a time when someone didn't know their name, forgot their name or called them a demeaning name instead of the name they prefer. Ask them how that felt? Emphasize the importance of "No Name-calling" as a way to make the class fun and respectful for everyone.
4. Give some examples of name-calling that are not acceptable (these include names that demean others based on race, gender, sexual orientation, physical appearance, ability, religion, culture).
5. Using the Safe Sports Space Rules Poster, review the Safe Sports Space Rules and highlight # 2 – No Name-Calling.
6. Invite students to help each other remember not to use names meant to put down someone else or to make someone else feel disrespected or not included in class activities.
7. Distribute the PE Class Respect Challenge Pledge so that each student has one. Read the pledge aloud and have students sign the PE Class Respect Pledge.
8. Post Safe Sports Space rules, posters, stickers in the gym, locker room, bathrooms and classrooms and call students attention to them as a reminder of their pledge.
9. Follow up by calling students' attention to the Safe Sports Space rules and pledge as needed.