



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 K-5

TIME: 1 class session

MATERIALS: Paper, pencils, ball

PROCEDURE:

PART 1: CLASS DISCUSSION ABOUT NAME-CALLING

Ask students think, pair and share in response to the following questions:

- Why do people sometimes call others mean names that hurt?
- How does it feel to be called mean names that hurt?
- Would you want to be around someone who uses mean names that hurt?

After students have had some time to discuss each, have them silently think of mean names that hurt. Provide some examples. Do not have students share these names out loud.

Have students write a mean name that they have been called or heard someone else called on a small piece of paper. Fold it up. Put papers in a “Penalty Box.” “Lock” it up. These names will stay in the penalty box during physical education class and recess time for the school year. No one will call anyone else mean names. They are all locked in the penalty box.

Have all students blow an imaginary referee whistle and say - “Tweet! Name-Calling is not ok here.”



Encourage everyone to help everyone else remember that name-calling is not ok here by “Tweeting” when they hear it.

PART 2: GROUP JUGGLE WITH NAMES.

Ask students to learn everyone’s name in class. Have students stand/sit in a circle. Pass a ball around the circle so that everyone tosses the ball to the person on their right until the ball goes all the way around. Tell students that when they catch the ball, they should say their name before tossing it to the next person and taking a seat or making some sign to indicate they have had the ball. Ask everyone to remember as many names as they can. For a second round, have students pass the ball to anyone in the circle, but they must say that person’s name before they toss them the ball. Everyone must catch the ball before anyone can catch it a second time. Time how long it takes for the group to pass the ball to everyone in the circle and say the name of the person they are passing the ball to. Repeat to try to beat their time.

PART 3: CLOSURE

Tell the students how important it is to call everyone by the name they like to be called and to leave the mean names that hurt in the penalty box. Emphasize that everyone can help remind each other by Tweeting and saying, “No name-calling here.”