

# Turtle Games

Grade 1 – Health and Physical Education



## Lesson Details

<b>Grade Level:</b>	1	<b>Curriculum Links:</b>	Health and Physical Education	<b>Time Needed:</b>	20 – 30 minutes per game
<b>Learning Goal</b>	Through a series of physically demanding games, students will learn about threats and challenges turtles face in the wild. Students will learn to empathize with turtles, as they maneuver through various challenges, using a variety of different movement strategies to complete the games.				
<b>Success Criteria</b>	By the end of this activity, students will have used various movement concepts as they play different games related to turtles.				
<b>Specific Expectations</b>	<p><i>Movement Competence</i></p> <ul style="list-style-type: none"> <li>Perform movement skills, demonstrating an understanding of the basic requirements of the skills and applying movement concepts as appropriate as they engage in a variety of physical activities;</li> <li>Apply movement strategies appropriately, demonstrating an understanding of the components of a variety of physical activities, in order to enhance their own ability to participate successfully in those activities.</li> </ul>				
<b>Materials Needed</b>	Game Outline Sheet (attached), <b>Game 1:</b> Pool Noodles, 2 Colours of Pinnies. <b>Game 2:</b> Pylons. <b>Game 3:</b> Large Parachute, A Turtle’s Journey Story (in attached outline).				

## Lesson Description

<b>Overview</b>	By playing through a variety of games, students will learn to empathize with turtles and understand the challenges they face in nature.
<b>Activity</b>	<ol style="list-style-type: none"> <li>Before any game, prepare the required materials according to the attached outline.</li> <li>With the class, make a list of the obstacles’ a turtle may face as they grow up in nature (E.g. habitat loss, cars, humans, etc.).</li> <li>Refer to the attached outline of the games for a description of each one.</li> <li>After each game, go through the following discussion questions: <ul style="list-style-type: none"> <li>- How did it feel to be a turtle facing the various challenges?</li> <li>- How can we help turtles?</li> </ul> </li> <li>Note: Games 1 and 3 can be done either indoors or outdoors.</li> </ol>
<b>Background Information</b>	Turtles can take between 30 and 60 years to replace themselves in nature – that means it takes this long for them to have one successful offspring. There are so many challenges that eggs, then hatchlings, and then juvenile turtles face in nature and which obstacles are made worse by humans. Only 0.06% of eggs hatch and survive to reach adulthood. Adult turtles do not face many natural threats and the older the turtle, the more eggs they typically lay. Therefore, adults are essential to keep populations stable. Turtles are, unfortunately, being hit on roads, removed from nature for pets, or are deliberately killed because people are afraid of them (E.g. Snapping Turtles).
<b>Blacklist Masters</b>	<ul style="list-style-type: none"> <li>Game Outline Sheet (attached)</li> <li>Video Link(s): <a href="#">How You Can Help Ontario Turtles</a>, <a href="#">Threats to Ontario Turtles</a>, and <a href="#">Turtle Orientation</a></li> <li>For more information, please visit <a href="https://www.turtleguardians.com/why-saving-turtles-is-important/">https://www.turtleguardians.com/why-saving-turtles-is-important/</a></li> </ul>

## Lesson Description

<b>Place-Based Learning</b>	Learning in an open room or outdoors in a field. Students are encouraged to explore local wildlife areas to spot turtles in their natural habitat to relate their newly gained knowledge to real life experience.
<b>Inquiry-Based Learning</b>	Using <b>Open Inquiry</b> , students will play the various games related to turtles and later reflect on the threats that turtles face in nature.  Ask the students: <ul style="list-style-type: none"><li>• What threats do turtles face in nature?</li><li>• What was it like doing the different tasks that a turtle must do for survival?</li><li>• What are some differences between you and a turtle? Do you think any of those differences made it easier or harder to complete the tasks?</li><li>• What can we do to help turtles?</li></ul>
<b>Turtle Stories</b>	In order to protect turtles from the dangers of crossing roads trained professionals build tunnels that run below roads to connect two water bodies (E.g. wetlands). You can help turtles from their early stages of life by building a nest cage protector and placing it over a nest in an unsafe area (E.g. the side of a road). Students are encouraged to share their experiences and pictures on the Turtle Stories website, found here: <a href="https://www.turtlestories.ca/">https://www.turtlestories.ca/</a>
<b>Turtle Guardian Program Links</b>	After completing <b>Level 1</b> (Ontario Turtle Identification) of the <b>Turtle Guardian Program</b> , students can move onto <b>Level 2</b> (Wetland Watchers). In this level the students learn the importance of protecting, and specifically of how to protect turtle nests. They then can become official nest sitters (when accompanied by an adult) and learn how to build a nest cage protector. For more information, please visit <a href="https://www.turtleguardians.com/what-is-a-turtle-guardian/">https://www.turtleguardians.com/what-is-a-turtle-guardian/</a>

## My Notes

# Turtle Games Outline

## Turtle Tag

Like a classic game of tag but with a turtle twist!

Split the class into three groups. One group will be the predators who have the job of tagging; they will wear pinnies. The other group will be turtles who are trying to run away from the predators. The final group will be made up of 2 – 3 individuals who are known as Turtle Guardians; also wearing pinnies. These students travel throughout the playing field helping turtles who have been tagged by predators.

When tagged by a predator, the turtle must lay on their back with their hands and feet up in the air and wait for a Turtle Guardian to come and rescue them.

Optional: Instead of students tagging each other with their hands, you can use pool noodles instead.

Optional: Include obstacles for the turtles to hide behind, such as standing mats.

This game can be played either indoors or outdoors.

## Turtle Maze

Using the lines of the gym floor turtles must try to get from one side to the other; these mimic the difficult journey a turtle must face when crossing a road or other terrain to reach a nesting site.

Split the class into two groups. One group will be the turtles trying to cross the gym. The other group will be predators/cars who are trying to catch the turtles. These predators/cars can only travel on a certain coloured line (that colour is up to the instructor's discretion).

As an added challenge, add a pylon on a line every once in a while, which will stop the turtle from passing, resulting in them having to turn around and trying a different way. This job can be done by the instructor, or a chosen student(s).

## Parachute Story Game

This game is designed to teach students why a turtle goes into its shell.

Start the activity by having all the children sit with one of the parachute handles in their hand. Ask the students, "What does a turtle have on its back?" (a shell) and "Why does a turtle hide in its shell?". After discussing this, have the students pull the parachute so only their heads are sticking out.

Then, begin reading “A Turtle’s Journey”. Every time the turtle is frightened use the word “**BOO**” to signal to the students that they should hide within their shell (parachute). Then use the word “**GO**” to signal that it is safe to leave the shell and continue the journey.

This game can be played either indoors or outdoors.

## **A Turtle’s Journey**

One day, Mica the Musk Turtle decided that she needed to find somewhere to lay her eggs. But she was in a wetland and there was no where safe to lay her eggs, so she set out on a journey.

As Mica began walking out of the water and onto land, she spotted a very large bird. “Oh no!” she thought to herself, “That bird could pick me up and take me away.” So Mica decided to walk a little faster and find a bush to hide under. Then, all of a sudden, Mica saw the bird fly above her. “Ahhhh!” Mica said out loud as she tucked her head, arms, legs, and tail into her shell. **BOO!**

Now safe within her shell Mica waited a couple minutes until she knew the bird would be gone. Mica poked her head out from her shell to make sure she was safe... and she was. **GO!**

Mica began walking on land again. She had a feeling, like a tingle in her tummy, that she was headed in the right direction to find a nest for her eggs. Mica came across a large open field. She thought to herself, “well this doesn’t seem too bad, I’ll take my time crossing here”. Then, all of a sudden, a large group of kids ran past Mica while kicking a soccer ball. **BOO!**

Mica tucked back into her shell, scared of being accidentally kicked by a child. So, she waited in her shell for some time until she knew the kids would be gone. **GO!**

An hour later Mica began walking across the field. She noticed that all the people had left so she was perfectly safe to go across the field. Mica noticed, however, that the sky was no longer blue. It was instead a beautiful orange colour. This meant that nighttime was near.

Mica, determined as ever, continued her journey. She eventually came upon this hill with bright lights flashing by. As she climbed the hill she noticed that the bright lights came and went very fast, but she wasn’t too sure what they could be. She continued forward – then all of a sudden there was a big WHOOSH and a pair of bright lights on something moving went over top of her. Mica scared of what it could be went into her shell. **BOO!**

Every once in a while Mica could hear another WHOOSH over top of her and the ground rumble beneath her. Then, something wonderful happened. Mica felt a pair of hands around her shell. A kind person has come to help Mica cross the road. Mica poked her head out of her shell, still a little frightened, but relieved to have the help. **GO!**

Once safely across, Mica continued on her way and eventually found the perfect nest for her eggs.

