

Objective

By the end of this lesson, the student will develop physical and strategic skills through engaging in Monopoly-themed games and activities. They will learn to combine physical exercise with critical thinking and problem-solving skills, all while having fun!

Materials and Prep

- Open space for activities (indoor or outdoor)
- Monopoly game pieces (can be represented by household items like coins or buttons)
- Chalk or tape to mark areas for games
- Timer or stopwatch (optional)
- Notebook and pencil for keeping score

Before starting the lesson, ensure you have an open space available for movement and games. Familiarize yourself with the basic rules of Monopoly, as well as some common physical activities that can be incorporated into the lesson.

Activities

• Monopoly Relay Race:

Set up a relay race course that mimics the Monopoly board layout. Each station can represent a property. The student must complete a physical challenge (like jumping jacks or sprints) at each station before moving to the next. This will help them understand the concept of moving around the board while getting a workout!

• Property Auction Game:

In this activity, the student can create makeshift properties using household items. They will auction off properties by performing physical tasks (like doing squats or lunges) to earn "Monopoly money." This will help them learn about the auction process while staying active.

• Chance and Community Chest Challenges:

Create "Chance" and "Community Chest" cards with various physical challenges written on them (e.g., "Do 10 push-ups" or "Run around the house"). The student will draw a card and must complete the challenge before continuing their game. This adds an element of surprise and keeps the activities dynamic!

Talking Points

- "How does moving around the Monopoly board relate to our relay race?"
- "What strategies can you use to 'buy' properties effectively during our auction game?"
- "How do physical activities, like jumping jacks, help you stay healthy while playing games?"
- "What was your favorite challenge from the Chance and Community Chest cards, and why?"
- "Can you think of other games that combine physical activity and strategy like Monopoly?"