



National Association for Sport and Physical Education

*an association of the American Alliance for Health,
Physical Education, Recreation and Dance*

NASPE Sets the Standard

1900 Association Drive
Reston, VA 20191

Phone: 703-476-3410

Fax: 703-476-8316

Email: naspe@aahperd.org

TEACHER MATERIAL

MIDDLE SCHOOL LESSON PLAN – DAY 1

Student Activity: **Physical Education: An Example of Similes and Metaphors**

Materials: Paper
 Pencil
 Markers, crayons, etc.
 Poster board
 Computer lab (optional)

Objective: While working in small groups, the students will discriminate between a simile and a metaphor and will illustrate an example of each by using physical education as the subject. To compare their responses to those of other middle school students across the country.

Instructions: This lesson can be facilitated by the language arts or physical education teacher.

You will begin the lesson by defining simile and metaphor. A simile is a figure of speech that expresses a resemblance between things of different kinds (usually formed with 'like' or 'as'). For example, love is like a rose, whereas, a metaphor is a figure of speech that does not use "like" or "as" to describe an association. Instead, a metaphor shows how two things that are not alike can be similar in one important way. It is using a word or a phrase to suggest likeness by stating that something is something else. For example, "friendship is a welcome mat, always there to greet you when you arrive."

Give your students some more examples to discuss. For example:

Simile: The game was **as** fun **as** a carnival.

Metaphor: Winning the game was larger than life.

Once you discuss the difference between similes and metaphors, instruct the students to get into groups of three or four. Have each group come up with two similes about physical education and two metaphors about physical education.

Once the students have written down their similes and metaphors, have them illustrate it onto large poster paper to display around the school building.

Have the students share with the class the similes and metaphors that they developed.

The next task requires the students to use at least one of the similes or metaphors that they heard in class or created themselves, to create an essay about what physical education should look like in the future. The essays should be less than 500 words and submitted to PE2020 (www.pe2020.org) as part of a national discussion about physical education.