



Jedi Training Lesson Plans

Lesson 1 Are you Jedi Material?

Discipline, PH Testing, Cell learning

Clip: Episode 1-The Phantom Menace (On DVD Ch. 17 50min)–Qui Gon teaches Anakin about midi-chlorians

For this class we wanted to establish the rules for the club. It is important to do this up front so the kids will know what is expected of them. Once we established rules and consequences, we moved on to testing the kids for “midi-chlorians.” We actually used Ph strips that can be purchased at health food stores. We taught the kids a little bit about Ph and told them that their results say they are strong enough in the Force to be trained. For those of you who aren’t Star Wars fanatics, midi-chlorians are microscopic organisms that live within the cells of our bodies that communicate with the force; they are our connection to the force. We then taught the kids about what is actually in a cell and a little bit about how a cell works. We played a game where the kids play different parts of a cell: one child is the nucleus, one is a mitochondria, two are the endoplasmic reticulum or ER, and the rest are the cell membrane. You will also need some balls to use as food. You have the kids that are the cell membrane walk in a circle around the kids playing the other parts of the cell. Then you hand the ball to the kids in the cell membrane periodically. One of the kids playing the ER will take the food from the cell membrane to the mitochondria, the mitochondria then throws the ball in the air and claps this transforms the food into energy. The other kid playing the ER then takes the ball from the mitochondria to the nucleus, and the nucleus bounces the ball three times to use the energy by having the cell membrane do something, like jump, run, or skip. We found it works best to have a list of tasks that should be completed in order so the nucleus doesn’t have to stop and think about which task to do. Then the nucleus throws the ball back out to the adult.

Lesson 2 Pod Racing

Podrace on roller boards

Clip: Episode I-The Phantom Menace Ch. 19–Introduction of podracers, or any podracing scene

This was a day of fun activities. We did a podrace of our own by splitting the class into teams of three and having one person ride a roller board pulled by the other teammates by holding a jump rope. I should note that this is kind of dangerous because the roller boards tip easily, so it is important to stress safety. A Straight Shot on at a time timing each one to see who is fastest may be the best way to go.

Lesson 3 Rockets

Building Rockets and learning about space travel

We made rockets using paper, Styrofoam, and PVC pipe and launched it off a rocket launcher . (See attached sheet) You could talk about how rocket power works.

Alka-Seltzer Rockets: <http://www.funology.com/laboratory/lab041.htm>

Soda Straw Rockets http://solarsystem.nasa.gov/educ/docs/Straw_Rocket.pdf

Hover Craft: <http://pbskids.org/zoom/activities/sci/hovercraft.html>

Hover Craft

- plastic plate

- film canister
- ballpoint pen
- poster putty
- balloons

Lesson 4 Mental and Physical Training

Training your mind to think like a Jedi and building physical abilities like a Jedi

Clip Episode V-The Empire Strikes Back Ch. 28, Ch. 31–Yoda training Luke

We did an obstacle course for the physical training. You can include anything you want in the obstacle course. For mental training, we did a trivia contest that included Star Wars facts, school topics, or whatever you want.

Lesson 5 Space Learning

Constellations, light speed, stars and solar systems

Clip Episode IV – A New Hope Ch25 56 min

Pinpoint star pictures: give students a black piece of construction paper and a pin and allow students to draw a picture by making holes in the paper so that when it is held up to a light, the picture shines through.

Discussed what light speed is and how it doesn't mean "warping." The clip talks about how light speed travel needs to be well planned so you don't run into a star or planet. Discussed modern day space travel and how rockets are powered. How far away stars are and how we measure distance in space.

Lesson 6 Planets

Learning about planets

Clip Episode II – Attack of the Clones

The reasoning behind this is that a Jedi may need to go to any planet for their missions, and they will need to know about what they may face on these planets. Geonosis – Ringed planet where Obi-Wan chases Jango Fett through the asteroids that make up the rings. We made a planet with rings by cutting a Styrofoam ball in half and gluing a CD in the middle. We had the planets glued together before club started, then let each member paint their planet however they wanted.

Lesson 7 Planets continued

More learning about ecosystems and environments

Clip Episode III – Revenge of the Sith Ch ?? – This movie is rated PG-13 and though this clip doesn't contain anything to warrant a PG-13 rating parents may not want their kids seeing any part of the movie

Mustafar – volcanic planet where Obi-Wan and Anakin duel. We made volcanoes and taught about reactions of acids and bases by mixing baking soda and vinegar to make the volcano erupt. We made one volcano ahead of time so that it was dry and used it for the eruption demonstrations. Then we had the club members make their own volcanoes out of clay.

The Star Wars universe has planets that typify just about any ecosystem that you might want to teach about. Here is a list of some of the planets and their ecosystems. You can find more information about these planets by going to www.starwars.com/databank

Forest – Kashyyyk, Endor

Swamp – Dagobah

Ocean – Kamino
Jungle – Yavin

Desert – Tatooine
Snow Tundra – Hoth

Lesson 8 “May the Force be with You” Day

Learning how cooperation is better than striving for competition

We played games that encourage cooperation. Ball on a ring on a string: Use the rings with strings attached to move a ball from location to location. We also used a cone to help balance a PVC pipe as a starting or stopping location. We started fairly simple with the ball starting on the pipe and had the kids lift it up and set it back down. Then increased the difficulty with each round, move it from the cone to the table and back, pick it up off the floor and put it on the pipe, pick the ball up off the pipe and walk in a complete circle then put the ball back down. Cooperate or Betray: For this game, you split the kids into two groups but don’t tell them they are competing. Each group will decide independently to betray or cooperate with the Jedi. Based on the decisions of both groups you will award points. You match their decisions up on the grid. The underlined score goes with the underlined decision. You will need to show the kids this grid so they understand how their points will be awarded based on their decisions. Part way through explain to the kids that they are not competing against each other and that they should cooperate; at this point set a goal for them to reach for both teams but still have them decide individually.

	<u>Cooperate</u>	<u>Betray</u>
Cooperate	<u>+30</u> +30	<u>+50</u> 0
Betray	<u>0</u> +50	<u>-20</u> -20

Sith vs. Jedi: Select a small group of kids to be the Sith, and the rest of the kids are the Jedi. Then it’s basically like freeze tag. The Sith are “it” and when they tag one of the Jedi they freeze in place with their legs spread, and one of the other Jedi has to crawl between their legs to unfreeze them. This helps show the kids that it is better to be on a team, because it should be nearly impossible for the Sith to have all of the Jedi frozen at once.

Lesson 9 Lightsaber Making

Clip Episode IV – A New Hope Ch 12? Obi-Wan gives Luke a lightsaber and talks about it, Ch 17? Luke practices blocking blaster bolts; Episode I – The Phantom Menace Ch 3, 5min Qui-Gon and Obi-Wan use their lightsabers.

We made lightsabers with a PVC pipe and foam pipe insulation. First we glue the pipe into the foam insulation, and then we used duct tape to cover the foam. Silver duct tape to cover the handle, and red, blue, green, or purple duct tape to make the blade. This can be very time consuming, so you may want to see if any parents are willing to volunteer to help on this day.

Lesson 10 Lightsaber Making

Every Jedi makes their own lightsaber as part of their training. Each Jedi constructs a different handle for their lightsaber that is distinct. Many people associate a Jedi to their lightsaber by the color of the

blade, such as Obi-Won has a blue lightsaber, and Yoda has a green lightsaber, but many Jedi have the same color of lightsabers but every handle is unique. For club on this day, we want each child to decorate their handle so that it is unique. You can use markers, tape of different colors, or anything you can come up with. Electrical tape is a good way to get the black lines on it. If you use markers, tell the kids to let them dry before using them so the marker doesn't rub off. We also used pieces of the leftover pipe insulation to make buttons and things on the handle and covered them with duct tape.

Lesson 11

Jedi Trial

Jedis have to go through some sort of Jedi trial in order to earn becoming a Jedi knight. For Obi Won, his Jedi trial was defeating Darth Maul. For Luke, he had to face Darth Vader. Sometimes a Jedi's trial will be facing a Sith. Sometimes a Jedi's trial will be some sort of difficult task that the Council assigns them. For this lesson you can make up any sort of difficult task you think would be fun for them. We bought a figure of Darth Vader and told the kids they had to find and defeat Darth Vader with their lightsaber because he had stolen Princess Leia. Padawan Darsha Assant is sent to a dangerous area of Coruscant known as the Crimson Corridor to retrieve an informant willing to trade information for protection from the Jedi.

OTHER IDEAS:

Steal the Princess (Steal the Flag). The princess is hidden away in the Death Star. She has left a message in C3PO. Get the message before Darth Vader does. Just like Steal the Flag, each group has a flag and the other group is trying to get it. The flag must be visible and if someone is touched when they cross the line they have to go to the prison.

Yoda Punch This punch looks like Yoda's light saber might in liquid form. Add a few drops of food coloring to ice cube trays filled with water; freeze overnight. Give each child two ice cubes and add the soda, then put one scoop of sherbet into the cup, watch the bubbling.

Read to kids about Yoda hiding away in the swamp after the Jedis were assassinated. Talk about swamp food that Yoda could have eaten. Have them eat fish crackers and dip it into muddy swamp water (chocolate frosting)

What else do the campers know about Yoda? Talk about how he fights as a Jedi, what his position is on the council, why he talks different, what kind of alien he is, what he thinks about Darth Vader/Anakin, etc. have them color a picture of Yoda.

Tatooine: Creature Comparisons: <http://en.wikipedia.org/wiki/Tatooine> Sand People and People who live in desert? Talk about and read out of planet book why the Sand people are so cruel to outsiders. How do they get water? Etc. What would you do if you were trapped in the desert?

Materials Needed:

- Plaster of Paris (purchased at hardware stores-cheap!)
- 1/2 cup sand per child
- Clean polystyrene trays or disposable pie tins

- "treasures" (natural items such as seed pods, shells, pebbles, buttons, beads, marbles, etc.)

Instructions:

Pour the sand into the tray (enough sand to cover the bottom.) Have the children press their "treasures" UPSIDE-DOWN in the sand. Mix the plaster. (I like to mix it in an old coffee can with a plastic utensil.)

Pour plaster over the entire arrangement. Let the project dry completely - overnight if possible. Once dry, gently pry the work from the tray and brush off any excess sand

Talk about how water is gotten in the desert, how is Mos Espa set up. Read from planet book, talk about how homes are built.

Shapeshifting

In Episode II, Senator Amidala was nearly killed by a creature that could change into different forms to hide its identity. In this game, kids take on new identities, too (silly ones)!

You'll need: Star Wars music- large bag (or 2) filled with clothing, accessories and costume items (the funnier, the better; big clothes too!)

Invite players to stand in a circle. Turn on some music and ask kids to pass around the bag(s). When you stop the music, the player holding the bag must reach in, pull out an item and put it on. Game continues until all items are gone. Take pictures of all the kids with their new identities!

Battle on Naboo: Dodgeball, use foam gator balls to play a full out dodgeball game w/prison. Droids versus Naboo army/Jedi Knights

GPS activity: The Rebel Alliance needs to land their space ship outside of this building, but needs to know if there is enough area to land. Using GPS, the campers need to find an area that is big enough to land the spaceship in. (Use "Calculate Area" feature on GPS.)

Rocket Making

This is a pretty simple way to make a rocket, so I'll try to give easy to understand step-by-step instructions.

Materials

1 Sheet of regular printer paper

1 Sheet of construction paper

PVC pipe about 12 inches long

Small piece of Styrofoam for the nose

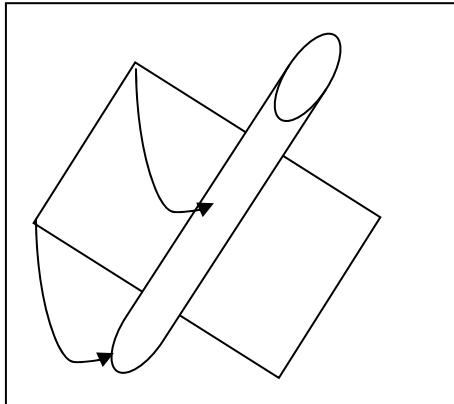
Scotch tape

Packing tape

Scissors

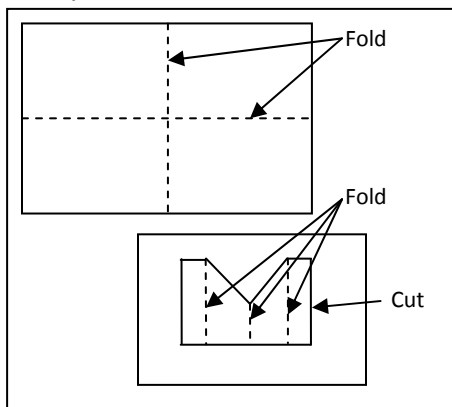
Step 1

Wrap one of the sheets of construction paper around the pipe and tape the end of the paper so it doesn't come unrolled.



Step 2

Make the fins for the bottom of the rocket by cutting them out of the other sheet of construction paper. This works best if you fold the paper so you only have to cut once to get multiple fins. Then tape these onto your rocket.



Step 3

Cut the Styrofoam into a cone shape for the nose, then stick it in the bottom of the rocket and push it through so it sticks out the top. Then use packing tape to stick it on nice and tight.