**Indian Land High School**

**Physical Education/Health**

**Lesson Plan**

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| **Grade Span/Level:**  **Time Frame:****1st Unit:** **Frisbee Disc Golf** **Activity:** **Driving (Tee/Fairway), Chipping (Approach/Hazard), and Putting (Off Green/On Green). Objective:** **The student will be able to demonstrate the ability to perform frisbee disc golf skills as it relates to driving, chipping, putting, teamwork, sportsmanship, and cooperation.**  |
| Physical Fitness Goals**:** **Throwing and eye-hand coordination. Muscular strength, muscular endurance, flexibility, coordination, balance, and power.**Fitness Gram: **Yes [x]  No [ ]**  | **PE** **Standards Addressed:** **1-6****Health Standards Addressed:**  |
| Equipment Needed: frisbees (multi purpose or driver/mid-range/putter), tee boxes (cones), targets (hula hoops/cones). |  Space Requirements: School grounds or field. |
| Essential Skills: Basic strategies and tactics of the gameSkills: approach, backswing, frontswing, throw.Development of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, balance, coordination, power, cooperation, teamwork, sportsmanship. Essential Content Knowledge: Rules of etiquette, safety, and game play. Basic strategies and tactics of the game. Knowledge of approach, backswing, frontswing, throw, cooperation, teamwork, sportsmanship, flexibility, weight transfer, force, angles, contact point, and trajectory. Terms:forehand throw, backhand throw, par 72, front 9, back 9, hole in one, eagle, birdie, par, bogey, double bogey, triple bogey, slice, hook, course, tee pad, fairway, hazard(s), green, basket, disc pole hole, circle, drive, drop zone, frisbees (driver, mid-range, putter), distance, bag, walk course, grip, stroke, honors, ready position, lie, address, dog leg, fore, handicap, approach, out of bounds, penalty, rough, trap, stroke play, match play.  |
| **Activity** | **Description/Process** | **Time** |
| Warm-up | **Dynamic-Jog/sprint, line jumps, shuttle run, push-ups, sit-ups, squats, high knees, a-skip, power skip, bounding, speed rope.** | **5 minutes.** |
| Teacher Demonstration | **The teacher will demonstrate the following: First Day-Background (history/rules)-Power Point, Visual Aid, and Study Guide-Student Note-Take.****Grip (interlock), stance/ready position, backswing throw, and frontswing throw (drive, chip, putt). Demonstration of safety and etiquette.** | **10 minutes** |
| Practice Activities | **Students will work:independently, with a partner, in groups of 4 (8 teams) and participate in golf matches:** **Individual (No Target)****Self Drive (Tee Pad)****Self Drive (Fairway)** **Self Chip (Edge of Green)****Self Chip (Hazard/Trap)****Self Putt (Off Green)****Self Putt (On Green)** **Partner (No Target and/or Target)****Drive (Tee Pad)****Drive (Fairway)****Chip (Edge of Green)****Chip (Hazard/Trap)****Putt (Off Green)****Putt (On Green)** **Group (Target)****Drive (Tee Pad)****Drive (Fairway)****Chip (Edge of Green)****Chip (Hazard/Trap)****Putt (Off Green)****Putt (On Green)** **Team****Modified Play-Teams will rotate holes from 1-9.****Last Day-Written Test, Skills Test, and Tournament (Regulation Play).** | **60 minutes** |
| Cool-Down | **Static-Superman, standing hurdles, squatted butterflies, sit and reach, trunk lift.** | **5 minutes.** |
| Monitor and Feedback (Formative Assessments)  | **The teacher will walk around the peripheral area giving specific feedback (ex. making positive comments regarding good effort, attitude, teamwork, good communication skills, and fair play. Teacher Observation, Peer Observation, Student Scorecards, Skills Test (0-4 Rubric), and Written Test (10 T/F Questions).** | **Throughout the lesson.** |
| Special Needs/Modifications | **Peer buddies, extended time, preferential spacing, colored equipment, smaller equipment, smaller groups, equal groups based on personalities/ethnicity/gender/ability.** | **N/A** |
| Integration Elements: | **Literacy Skills:** **Reading and comprehension, interpreting textual information.****Math Skills:** **Counting, angles, geometry, measurement.****Lifetime Appreciation:** **Teamwork, sportsmanship, cooperation, improvement of fitness level, recreational activity, social interaction, family/church/local league participation.** **Health:**  |