**Indian Land High School**

**Physical Education/Health**

**Lesson Plan**

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| **Grade Span/Level:**  **Time Frame:****1st Unit:** **Cooperative Games** **Activity:** **Arena Balll Objective:** **The student will be able to demonstrate the ability to perform in Arena Ball Games (passing and catching a ball/frisbee back and forth down the court and catching it in the opposing endzone) as it relates throwing, catching, guarding. teamwork, sportsmanship, and cooperation.**  |
| Physical Fitness Goals**:** **Throwing/catching and eye-hand coordination. Cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, coordination, balance, speed, power, agility, and reaction time.**Fitness Gram: **Yes [x]  No [ ]**  | **PE** **Standards Addressed:** **1-6****Health Standards Addressed:**  |
| Equipment Needed: . |  Space Requirements: Gym |
| Essential Skills: Throwing, catching, guarding, jumping, running, agility, communication, cooperation, teamwork, sportsmanship. Essential Content Knowledge: Cooperation, teamwork, sportsmanship, flexibilty, throwing, catching, and guarding.. |
| **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: grip, stance, footwork, team strategy, show how to properly throw, catch, guard, and score points in Arena Ball Games (Handball, Ultimate Frisbee, Football-3 Rules…hold ball up to 3 seconds, can take up to 3 steps with the ball, and make at least 3 passes prior to attempting to score a touchdown=1****point. Inform what to do in case an individual is fouled, turnover occurs, etc. Demonstration of safety and etiquette.** | **5 minutes** |
| Practice Activities | **Students will work cooperatively in groups of 5 (6 teams) and participate in a variety of Arena Ball Games: Handball, Ultimate Frisbee, Football-utilizing the same 3 rules…3 seconds, 3 steps, 3 passes. Teams will rotate clockwise and -play 5-8 minute games..** | **45 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 and Peer Observation.**  | **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, music-hip hop.** | **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:**  |