**Indian Land High School**

**Physical Education/Health**

**Lesson Plan**

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| **Grade Span/Level:**  **Time Frame:****1st Unit:** **Bocceball** **Activity:** **Throwing (Rolling) Objective:** **The student will be able to demonstrate the ability to perform bocceball skills as it relates to throwing (rolling), teamwork, sportsmanship, and cooperation.**  |
| Physical Fitness Goals**:** **Throwing (Rolling) and eye-hand coordination. Muscular strength, muscular endurance, flexibility, coordination, and balance,.**Fitness Gram: **Yes [x]  No [ ]**  | **PE** **Standards Addressed:** **1-6****Health Standards Addressed:**  |
| Equipment Needed: bocceballs, polinos, cones |  Space Requirements: Gym |
| Essential Skills: Basic strategies and tactics of the gameSkills: throwingDevelopment of muscular strength, muscular endurance, flexibility, balance, coordination, cooperation, teamwork, sportsmanship.. Essential Content Knowledge: Rules of etiquette, safety, and game play. Basic strategies and tactics of the game. Knowledge of throwing (rolling), weight transfer, force, angles, contact point, and trajectory. Terms: offense, defense, closest to the pollino=1 point, game, honors, pitching rotation, court, bocceball, pollino, dead ball, live ball, foul, foul line, frame, inbounds, out of bounds, penalty, ready position, stance, approach, and delivery.  |
| **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, Study Guide)-Student Note-Take,****Grip, stance, footwork, approach, delivery, and throw (roll).** | **10 minutes** |
| Practice Activities | **Students will work:independently, with a partner, in groups of 4 (8 teams) and participate in bocceball games:**  **Individual** **Self roll 2 softballs (short distance-30 feet Target-golf ball)****Self roll 2 softballs (medium distance-45 feet Target-golf ball)****Self roll 2 softballs (regular distance-60 feet Target-golf ball)** **Partner (Play Offense and Defense)****Roll 2 softballs each (short distance-30 feet Target-1 golf ball)****Roll 2 softballs each (medium distance-45 feet Target-1 golf ball)****Roll 2 softballs (regular distance-60 feet Target-1 golf ball)** **Group of 4 (Play Offense and Defense)****Roll 2 softballs each (short distance-30 feet Target-1 golfball)****Roll 2 softballs each (medium distance-45 feet Target-1 golfball)****Roll 2 softballs each (regular distance-60 feet Target-1 golf ball)****Roll 2 softballs each (regular distance-60 feet Target-with pollino surrounded by a bunch of balls)…work on strategy** **Team****Modified Games-8 teams of 4 players will rotate clockwise and play 8-5 minute games.****Last Day-Written Test, Skills Test, and Round Robin Tournament (Regulation Games).** | **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, Bowling 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, 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:**  |