**Indian Land High School**

**Physical Education/Health**

**Lesson Plan**

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| **Grade Span/Level:**  **Time Frame:****1st Unit:** **Ping Pong**    **Activity:** **Forehand, backhand, serve, and smash. Objective:** **The student will be able to demonstrate the ability to perform ping pong skills as it relates forehand, backhand, serve, smash, teamwork, sportsmanship, and cooperation.** | | |
| Physical Fitness Goals**:** **Striking and eye-hand coordination. Muscular strength, muscular endurance, flexibility, coordination, balance, speed, power, agility, and reaction time.**  Fitness Gram: **Yes  No** | **PE** **Standards Addressed:** **1-6**  **Health Standards Addressed:** | |
| Equipment Needed: Ping Pong Tables (nets), paddles, ping pong balls. | Space Requirements: Gym | |
| Essential Skills: Basic strategies and tactics of the game  Skills: striking, forehand, backhand, serve, and smash.  Development of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, balance, coordination, agility, power, speed, reaction time, cooperation, teamwork, sportsmanship.  Essential Content Knowledge: Rules of etiquette, safety, and game play. Basic sttrategies and tactics of the game. Knowledge of striking, forehend, backhand, serve, smash, cooperation, teamwork, sportsmanship, flexibility, weight transfer, force, angles, contact point, and trajectory. Terms:server, receiver, 1 point, spins (top/back), cross court, down the line, short, deep, drop shot, lob, smash, double bounce, let serve, game, shake hands grip, pen hold grip, table, paddle, ball (1,2,3 Star Rating), rally, stroke, ready position. | | |
| **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 Ppoint, Visual Aid, and Study Guide-Student Note-Take.**  **Grip (shakehands, forehand, backhand), stance, forehand, backhand, serve, and smash. Demonstration of safety and etiquette.** | **10 minutes** |
| Practice Activities | **Students will work:independently, with a partner, in groups of 2 (16 teams) and participate in tennis games: I Individual (No Net))**  **Self Underhand Clear (Forehand Grip)**  **Self Underhand Clear (Backhand Grip)**  **Self Underhand Clear (Alternate Forehand/Backhand Grip)**  **Self Forehand to a Target**  **Self Backhand to a Target**  **Self Alternate Forehand/Backhand to a Target**  **Self Serve to a Target**  **Self Smash to a Target**  **Partner (No Net and/or Net))**  **Forehand**  **Backhand**  **Alternate Forehand/Backhand**  **Serve to a Forehand**  **Serve to a Backhand**  **Alternate a Serve to a Forehand and Backhand**  **Serve to a Forehand/Backhand to a Smash**  **8 Groups of 4 (Net)…Short and Long Volleys**  **Forehand (Straight and Diagonal Across Net)**  **Backhand (Straight and Diagonal Across Net)**  **Alternate Forehand and Backhand**  **Serve (Diagonal Across Net)**  **Alternate a Serve to a Forehand and Backhand**  **Serve to a Forehand/Backhand to a Smash**  **Team**  **Modified Games-Teams will rotate clockwise and play 8-4 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, 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:** | |