**Indian Land High School**

**Physical Education/Health**

**Lesson Plan**

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| **Grade Span/Level:**  **Time Frame:****1st Unit:** **Softball** **Activity:** **Throwing, catching, fielding, pitching, batting, and base running.. Objective:** **The student will be able to demonstrate the ability to perform softball skills as it relates to throwing, catching, fielding, pitching, batting, base running, teamwork, sportsmanship, and cooperation.**  |
| Physical Fitness Goals**:** **Throwing/catching/striking and eye-hand coordination. 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: Softballs, gloves, bats, bases |  Space Requirements: Softball field |
| Essential Skills: Basic strategies and tactics of the gameSkills: Throwing, catching, fielding, pitching, batting, and base running.Development of 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 strategies and tactics of the game. Knowledge of throwing, catching, fielding, pitching, batting, base running, weight transfer, force, angles, contact point, and trajectory. Terms:offense, defense, batting rotation, each run=1 point, home plate, 1st base, 2nd base, short stop, 3rd base, left field, center field, right field, pitcher, infield, outfield, batter, batter's box, on deck, in the hole, bat, ball, glove, base, pitch, strike zone, ball, strike, wild pitch, foul, full count, base hit, double, triple, homerun, grand slam, run batted in, left on base, scoring position, sacrifice, line drive, ground ball, pop fly, tag up,squeeze play, error, out-of-bounds, in-bounds,ready position, force out, double play, triple play, throw-out, percentage.  |
| **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, throwing, catching, fielding, pitching, batting, base running.** | **10 minutes** |
| Practice Activities | **Students will work:independently, with a partner, in groups of 8 (4 teams) and participate in softball games:** **Individual** **Base running (Whole Class)…Good Turns and Touch Every Base on Inside Corner with Right Foot)****Self Throw Pop-Ups and Catch (Mid-Air)..call I Got It** **Partner****Throw and catch (20 feet, 40 feet, 60 feet)****Grounders and Throwback (Charge)****Pop-Ups and Throwback (Keep Ball in Front of Body)** **Group of 3****Relay/Cut-Off Throwing and Catching** **Pickle-Monkey in the Middle** **Batting (Bunt, slap, swing away)** **Whole Class****Fielding-Infield (get 1, turn 2)** **Outfield (cut 2, cut 3, cut 4)**  **Team****Modified Games-4 teams of 8 players will rotate and play 3-3 inning 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:**  |