**Physical Education Lesson Plan**

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--Ivy Tech State College--

GRADE 3-5

DATE 3-21-2013

STANDARDS:

NASPE standard1:demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities, standard 2: demonstrates understanding of movement concepts, principals, strategies, and tactics as they apply to the learning and performance of physical activities, standard 3:participates regularly in physical activity, standard 4: achieves and maintains a health enhancing level of physical fitness, standard 5: exhibits responsible personal and social behavior that respects self and others in physical activity settings, standard 6: values physical activity for health, enjoyment, challenge, self-expression, and social interaction.

INDIANA standard 1:physical and motor development, standard 2: physiological and mechanical bass of movement, standard 3:movment forms, patterns, and concepts, standard 4:sports and recreational lifetime activities, standard 5:health related physical fitness, standard 6: personal, social, and cognitive dimensions of physical activity, standard 7: functions of physical education, standard 8:physical education instruction and assessment, standard 9: instructional adaptations and modifications for students with disabilities, standard 10: collaborative, professional, and ethical practice

LESSON OBJECTIVES:

This objective challenges the skills of the chest pass, bounce pass, overhand throw, underhand throw, etc. This is a targeting type activity that can also be used as an assessment tool.

MATERIALS:

1 playground ball for each tic tac toe target, 1 tic tac toe target per 2 students, (on wall or floor with tape), 1 roll of floor tape, paper and pencils to record results.

SET UP:

Will need to pre-tape targets on wall or floor before class starts, have students prepare papers for score keeping. This can be done inside or outside.

INTRODUCTORY ACTIVITY:

There are enough targets per 2 students. They enter the gym and are instructed to stand in a line. The instructor goes down the line numbering students1, 2, 1, 2 …They are instructed to grab a sheet of paper and pencil and walk to a target. There should be a number 1 and a number 2 student per target.

ACTIVITY DESCRIPTION

The instructor explains and acts out the directions to the class. The activity works with the skill themes for throwing over and underhand for accuracy in targeting. Students work with your partner who you will play the game against. Each group has their own ball, target, and writing materials. Each student stands at the throwing line and take turns throwing the ball toward the target. One player is X and the other is O. They aim and throw the ball to their intended target. Each time the target is hit it is to be marked on the paper with the correct players mark. If it is already marked or they miss, they lose their turn and it is the others turn. Students play till all squares are full. Once the scoreboard on their paper is full, they draw another and play again. It can be made more challenging by designating the throws as only underhand or overhand.

CLOSING ACTIVITY

Have students figure their scores from their paper

OBJECTIVE LENGTH:

30 minutes per period

ASSESMENT:

This can be made into an assessment. It is done so by having them do three in a row with as few turns as possible. It can also be done by hitting a certain area of the target.

ADAPTATIONS:

This objective can be made harder by putting tape on the wall instead of the floor. If the student cannot throw, or has a disability, the instructor can put the target on the floor for the student to drop the ball. The targets can be made larger or smaller.

REFERENCES:

--McGraw Hill.--. (--2012--).—Elementary Classroom Teachers as Movement Educators--. 4th edition

--pecentral.org --.