

LESSON PLAN

Unit New Games

Date 4/2/12

Time 7:20-8:50

Name Sarah Kangas

Lesson # 5

Grade 9-12

No. of students 23

Lesson Focus Cooperation

Objectives: (Expected Outcomes)

National Standard(s) addressed:

Evaluation of Objectives:

The students will:

continue to develop muscular strength, cardiovascular endurance, flexibility, muscular endurance by participating in WU and closing activities	3 & 4	Questions during closing discussion
be able to discuss the basic rules of Alaskan Kickball during the closing discussion	2	Questions during closing discussion
able to discuss that playing Alaskan Kickball can help them develop cooperation and positive sporting behavior during the closing discussion	6	Questions during closing discussion
continue to develop cooperation by working in a responsible manner with small groups, peers, and the whole class	5 & 6	Teacher feedback
continue to develop positive sporting behavior by sharing equipment and space, abiding by class rules, and playing fairly without argument	5 & 6	Teacher feedback

Equipment Needed 1 kickball
Play Space Needed Gymnasium Special Markings N/A
Sources of information www.peuniverse.com

Time	Lesson Description	Class Organization	Points to Emphasize/Instructional Cues/Critical Elements	Anticipated Problems	Corrective Feedback
5 minutes	<u>WU</u> 4 minute jog		N/A		
10 minutes	<u>Agilities</u> Jog forward Jog backward Skip forward Skip backward Gallop w/ right lead Gallop w/ left lead Low shuffle Grapevine High kick w/ same hand halfway Heel kicks High knees Cocky walk halfway Lunges halfway Jog to middle, 7 push-ups, Jog to middle, 10 jumping jacks, 10 skiers Jog to middle, 10 switch foots Progressive jog Run, stop on blackline				
10 minutes	<u>Static Stretching</u> Right arm across chest Left arm across chest Right arm shoulder stretch Left arm shoulder stretch Arms clasped behind back Standing leg stretch Standing leg stretch w/ hands on feet Butterfly, back straight Butterfly, bend over Right leg out, left leg in				

	<p>Sit and reach on right leg Step left leg over right Hug left leg to chest, bend right under Left leg out, right leg in Sit and reach on left leg Step right leg over left Hug right leg to chest, bend left under V w/ legs, reach forward Left calf stretch Lean back, hug leg to chest Raise left leg, circles to right and left Right calf stretch Lean back, hug leg to chest Raise right leg, circles to right and left Right quad stretch Raise right leg 3x Hold on third Left quad stretch Raise left leg 3x Hold on third Back stretch on stomach Trunk lift</p>				
10 minutes	Circuits				
5 minutes	Announcements				
1 ½ minutes	Take attendance				
1 minute	<p><u>INTRO. TO LESSON</u> 1. Behavior expectations -progress towards unit goals</p> <p>2. Outline Lesson -CA-Alaskan Kickball</p>		<p>Listen to my directions</p> <p>Continue to develop cooperation and positive sporting behavior</p>	<p>Students talking</p> <p>Students fooling around</p>	<p>“Please listen”</p> <p>“Eyes on me”</p>

Time	Lesson Description	Class Organization	Points to Emphasize/Instructional Cues/Critical Elements	Anticipated Problems	Corrective Feedback
1 ½ minutes	<p><u>Closing Activity</u></p> <p>1. D/E Alaskan Kickball -see attached directions</p>		<p>Divide into two teams</p> <p>Defense rolls ball to kicker</p> <p>Kicker kicks ball</p> <p>Defense runs to ball and gets into a line, passes ball above heads to last person in line, when the last person gets the ball, they yell “out”</p> <p>Offense team (kicking team) bunches together and the kicker runs around the group as many times as possible before “out” is yelled</p> <p>Each time that the kicker runs around, they get a run</p> <p>After 3 outs, switch sides</p>	<p>Students talking</p> <p>Students not paying attention</p>	
1 minute	<p>2. Transition to Alaskan Kickball Teacher splits the students into 2 groups by having the students count off by two. Defense spreads out, offense gathers under the basketball hoop</p>		<p>Gather into groups quickly</p> <p>Defense spread out in gym</p> <p>Offense gather under basketball hoop</p>	<p>Students mingle</p> <p>Students stand in groups</p> <p>Students spread</p>	<p>“Quickly”</p> <p>“Spread out”</p> <p>“Gather under the basketball hoop”</p>

8 minutes	<p>3. Do CA</p> <ul style="list-style-type: none"> -teacher starts game -teacher circulates and gives individual feedback -give group feedback 		<p>Divide into two teams</p> <p>Defense rolls ball to kicker</p> <p>Kicker kicks ball</p> <p>Defense runs to ball and gets into a line, passes ball above heads to last person in line, when the last person gets the ball, they yell "out"</p> <p>Offense team (kicking team) bunches together and the kicker runs around the group as many times as possible before "out" is yelled</p> <p>Each time that the kicker runs around, they get a run</p> <p>After 3 outs, switch sides</p>	<p>Students switch teams</p> <p>Throw ball at kicker</p> <p>Kicker misses</p> <p>Defense doesn't line up behind ball</p> <p>Offense doesn't bunch together, stand scattered around the gym</p> <p>Don't count how many times they run around in a circle</p> <p>Switch after 2 outs</p>	<p>"Stay on original team"</p> <p>"Roll ball on ground"</p> <p>"you get 2 chances"</p> <p>"Line up behind ball as quickly as possible"</p> <p>"The closer you stand the more runs you can get"</p> <p>"Keep track of how many times you run around in a circle"</p> <p>"Don't switch until you have 3 outs"</p>
30 seconds	<p>4. Transition to CD</p> <ul style="list-style-type: none"> -students sit down in the middle of the gym facing the teacher 		<p>Sit facing me</p> <p>No talking</p>	<p>Students stand near door</p> <p>Students talking to each other</p>	<p>"Please sit"</p> <p>"Quiet please"</p>
3 minutes	<p><u>Closing Discussion</u></p> <ol style="list-style-type: none"> 1. How well did you group work together? 2. What strategies did you use? <p>Teacher give impressions on how the students did</p>		<p>Students answers vary</p>	<p>Students can't come up with an answer</p>	<p>Give verbal cues</p>

1 minute	<u>Transition to locker rooms</u> -students walk to appropriate locker rooms				
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Safety:

Modifications for Individual Differences: