

Old Dominion University
Physical Education Lesson Plan

Name: Alfred Vasta

Date: 11/21/19

Grade Level: 9th

Unit: Bullying

Lesson Focus: bullying and what can you do to help

Lesson Duration: 45 min

Instructional Model: Cooperative learning and direct instruction

PART I – STANDARDS, OBJECTIVES, AND ASSESSMENTS

Lesson Goal(s): For the students to know and understand what bullying is and how it effects people.
For students to know the five steps they can do to prevent or help those being bullied.

Objective:

Domain: Cognitive

NASPE:

VA SOL:

PART II – REFERENCES AND EQUIPMENT

References: Pacer centers Teens against bullying.

Equipment: Lap top, paper, pencil, power point, video

PART III – LESSON ACTIVITIES

SET INDUCTION

(Time: min)

Organization/Transition:

Description: I Can understand what bullying is.

I can know how to help those being bullied or prevent bullying from happening.

Lesson 1

(Time 15-25min)

Organization/Transition: Students will be separated in five different groups. Each group will have a different question in which they will need to discuss and answer. Each group will have a writer (this student will listen to the group and write down all the statements and answers on the paper).

Materials: Paper, pencil or pen, five different questions for students to answer.

1. How can you Be available for conversation?
2. How can you respond with intentional acts of kindness, acceptance, and inclusion?
3. How can you redirect the situation?
4. How can you get adult help?
5. How can you encourage others to come together against bullying and unite for kindness, acceptance, and inclusion?

MAIN LESSON

(Total Time:15-25min)

Activity: Power point bullying and what you can do to help?

Organization/Transition: Students will have a seat in their seats after they have finished the first activity of group work.

Description: First the students will watch a video from a rapper who was bullied as a teen (relevant, young, good rapper). Once the video is over we will discuss everything from the video. After the video teacher will start power point, five ways that students can help or prevent bullying. The students will be asked to get their answer sheets from the first activity. Students and teachers will discuss the answers form each question (one at a time). Once the students talk about the answers they came up with, they will look at the power point to see what ideas they had the same, and other different ideas that could help.

Equipment: Lap top

Cues:

Modifications: You could have the students do group or partner work and discuss differences and similarities on their own (not as a class). Teacher could add or change some of the questions that are being asked.

CLOSURE

(Time: 3-5 min)

Organization/Transition: Students will be seated in their seats. The students will pair up with a student next to or behind them.

Description: The students will work in pairs to answer questions. After a small period of time the instructor will ask some students to share some of their answers. (formative assessment).

What is bullying?

What does it mean to redirect someone or something?

How can students help those being bullied?

What is acceptance and inclusion?

What will you specifically do to try to help or prevent bullying?

Equipment: None

PART IV - REFLECTION

Was the lesson acceptable for everyone?

Did the students learn and have fun?

Did I give instructions accurately and effectively?

Did the students leave feeling like they got something from today's lesson?