

Old Dominion University
Physical Education Lesson Plan

Name: Connor O'Baker Date: 11/6/19 Grade Level: 7th

Unit: Team Handball Lesson Focus: Passing and Catching

Lesson Duration: 40 min Instructional Model: Cooperative Learning

PART I – STANDARDS, OBJECTIVES, AND ASSESSMENTS

Lesson Goal(s):

I can pass and catch a ball on the go to a teammate.

Objective: SWBAT either run or catch a ball on the move.

Domain: Psychomotor

NASPE:

VA SOL: 7.1. a) Demonstrate and apply mature movement forms and skill combinations competently in a variety of cooperative and tactical activities that include dynamic and unpredictable situations.

Assessment:

Objective: SWBAT play offense and defense in a modified game.

Domain: Cognitive

NASPE:

VA SOL: 7.1. b) Demonstrate offensive strategies and tactics, to include creating open space, skilled movement, speed, accuracy, and selection of appropriate skill/tactic to gain offensive advantage.

Assessment:

Objective: SWBAT play fair with teammates and opponents.

Domain: Affective

NASPE:

VA SOL: 7.4. a) Explain the importance of cooperating with classmates, and demonstrate supportive behaviors that promote the inclusion and safety of others.

Assessment:

PART II – REFERENCES AND EQUIPMENT

References:

Equipment:

Gatorballs, pennies, mats, cones

PART III – LESSON ACTIVITIES

INSTANT ACTIVITY

(Time: 5 min)

Organization/Transition:

3 students are handed pennies and 2 gator balls between the three of them, everyone spreads out and instructor briefly explains rules

Description:

Tag Ball- 3 students are wearing pennies, they move around and throw the ball to each other, but they also try to tag someone not wearing a penny, and if they do, they have to 10 jumping jacks; students not wearing pennies are trying to move to avoid students with pennies, which means they should be constantly moving

Materials: pennies and gator balls

SET INDUCTION

(Time: 3 min)

Organization/Transition:

Students gather and sit in front of learning target

Description:

Student go over learning target

Materials: white board

MAIN LESSON

(Total Time: 32 min)

Activity 1 (Time: _16_ min)

Organization/Transition:

Students find a partner and line up a small distance from their partner

Description:

Egg toss- students partner up with someone, grab a gator ball, and both overhand and underhand throw the ball back and forth between their partner; if they drop the ball, they have to stay in place until they make a successful toss, and if they do make a successful toss, they take one step back until they can't go any further

Equipment: gator balls

Cues: watch for power for distance

Modifications: first team to go without dropping the ball wins

Activity 2 (Time: __16__ min)

Organization/Transition:

Students are split up into teams, pennies vs non-pennies, and one person from each team takes a spot on the other teams mat

Description: mat ball- students attempt to throw a ball from their side of the court to someone on their team on the far side; this process continues until one full team has made it to their opponents mat after their teammate has caught it; participants must also block incoming balls from the opposite team

Equipment: pennies, mats, gatorballs, cones

Cues: time your throw

Modifications:

CLOSURE (Time: min)

Organization/Transition:

Students gather back at white board

Description:

Students and instructor repeat learning target, students discuss with a partner when they achieved that during class

Equipment:

White board

PART IV - REFLECTION

Did the students seem engaged?

Were the students physically active?