

ODU-DCOEPS Core Instructional Lesson/Unit Plan
By Old Dominion University College of Education and Professional Studies

Teacher Candidate:	Jimmy McCabe	Date Taught:	10-15-19
Cooperating Teacher:	Mr. Munden	School / District:	HOMS
Grade:	8 th	Field Supervisor:	Bobbi Checchio
Unit / Subject:	Throwing and Catching		
Lesson Title / Focus:	Catching up on Fitness (muscular strength/endurance)		

PLANNING AND PREPARATION

Content Knowledge: This lesson was designed with the students having prior instruction on throwing and catching, following up on topic of muscular strength and endurance from health class.

Learner Differences: Students have been successful in majority of manipulative activities involving throwing and catching but are not enjoying preparing for fitness testing, this will be a fun engaging way of combining the topics. Use of video and pictures will be used to help visualize activities and student demonstrations of the activity prior.

Outcomes/Goals:

Learning Objectives:

Students will be able to successfully catch a ball 5 out of 6 attempts

Students will be able to throw a ball overhand and underhand 5 out of 6 attempts

Students will be able to explain how objects are caught and thrown differently

Students will be able to perform and give examples of muscular strength and endurance activities

Learning targets:

I can overhand and underhand throw various sized equipment

I can explain the steps of throwing overhand and underhand

I can successfully catch various sized equipment

I can give differentiate between muscle endurance and muscular strength

I will cooperate with my fellow students and teachers during the lesson.

Standards:

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

VA SOL

- 4.1 The student will refine movement skills and demonstrate the ability to combine them in increasingly complex movement environments/activities.
 - a) Demonstrate mature form for specialized locomotor, non-locomotor, and manipulative skill combinations in game and modified sports activities, to include overhand throw and catch with a partner while moving, overhand throw to a target for distance, dribbling and passing soccer ball with varying speed while moving, dribbling with non-dominant/non-preferred hand walking and dominant/preferred hand at various speeds, catching thrown objects, striking a ball with short-handled and long-handled implement, and underhand volley/strike.
- 4.2 The student will identify major structures and begin to apply knowledge of anatomy to explain movement patterns.
 - e) Identify the bones and muscles needed to perform one fitness activity and one skilled movement.
- 4.4 The student will demonstrate positive interactions with others in cooperative and competitive physical activities.
 - a) Identify a group goal and the strategies needed for successful completion while working productively and respectfully with others.

Resources and Materials:

- 6 Gator Balls, 6 sets of 5 colored cones, 6 basketball balls, 12 Hula-hoops, 6 soft small balls, 6 bean bags, 6 footballs, Exercise cards with picture, Speaker with music

Technology:

YouTube video of athletes from different sports throwing and catching sport specific object via tablet.

INSTRUCTIONAL DELIVERY

Learning Environment: Students will work to motivate and encourage their fellow group members during activity. Teacher will look to assist students/groups having a difficult time.

Introduction/Activating Strategies: (3-5 minutes) The class will start with a fast-paced instant activity to get the students warmed up. Once the activity is complete students will gather around the white board where the learning targets will be posted. Students will engage in a class discussion where they will be asked questions about muscular strength and endurance.

Instructional Strategies:**Instant Activity:** Hot Potato 5-10 minutes

Students will be split into groups of 5/6 and each group will be in a different area of the gym with a ball of some kind. Students in groups will throw and catch ball within their group, they can only hold ball for 3 seconds, after ball is thrown the student must find a new group. If ball is dropped or not thrown to target, then must find new group. Students will need to be aware of size of groups to keep game going.

Main Activity:15-20 mins- Students will be split into 6 groups and assigned a line with hula hoops at each end and 5 cones spaced out evenly in between. One ball will be placed in the far hula hoop with the rest placed at the beginning hoop. One student will step out to the first cone, the second student will throw one object from the hoop to the first student who will catch the item and then sit on top of the disc cone. Then will move up a cone and second student moves to first cone. A third student picks up a different object from hoop and throws it to student at first cone, who throws to the student at the second cone. Process continues until all objects from hoop one have made it to hoop 2. If object is dropped, each cone has an exercise assigned to it randomly, the group does the exercise and the ball starts back at hoop 1. Once objects all in hoop 2, then group will try and return the objects to hoop 1 in the same method that got to hoop 2.

Closure: I will signal the end of the activity. Each group will put their equipment back in its designated area and gather at the white board. Students will engage in another class discussion about the learning targets. Exit ticket quiz, followed by brief review/discussion. (What balls were better thrown overhand/underhand? What are some different ways we caught the ball? Which exercises were focused on muscular strength/endurance? Did you have fun? Enjoy the activity?)

Differentiation: In order to meet the needs of diverse learners, I can incorporate videos or pictures of the muscular strength/endurance exercises. Also, can include videos of throwing and catching. Additionally, can pair students up with peers who are more knowledgeable in the activity to assist the diverse learners.

Assessment: Students will take an exit quiz during closure on the information covered during lesson.

PROFESSIONAL LEARNING**Reflection:**

Did the Students understand the activity?

Were they involved majority of the activity? Fitness Level?

What could be improved?

How could this be improved for future lessons?