

Old Dominion University  
Physical Education Lesson Plan

Name: Megan David Date: 11/7/19 Grade Level: 9

Unit: Floor Hockey Lesson Focus: Review from last class & Shooting # 2 /5

Lesson Duration: 60 min Instructional Model: \_\_\_\_\_  
(Cooperative Learning, Personalized Systems of Instruction (PSI), and Direct Instruction)

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**PART I – STANDARDS, OBJECTIVES, AND ASSESSMENTS**

**Lesson Goal(s):**

**Learning Targets:**

- I can work cooperatively with my team during todays class.
- I can controllably dribble a ball, using a hockey stick with two hands.
- I can identify at least 3 muscles used to perform a push pass.

**Objective: Students will be able to work cooperatively as a team during today's activities.**

Domain: Affective

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

VA SOL: 9.4.a. Identify and demonstrate proper etiquette, respect for others, integrity, and teamwork while engaging in a variety of activities.

Assessment: Teacher observation.

**Objective: Students will be able to controllably dribble a ball, using a hockey stick with two hands.**

Domain: Psychomotor

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

VA SOL: 9.1.a. Demonstrate proficiency and refinement in locomotor, non-locomotor, and manipulative skills through appropriate activities (e.g., outdoor pursuits, fitness activities, dance and rhythmic activities, aquatics, individual performance activities, games and sports [net/wall, striking/fielding, and goal/target]).

Assessment: Teacher observation.

**Objective: Students will be able to identify at least 3 muscles used to perform a push pass.**

Domain: Cognitive

NASPE: Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

VA SOL: 9.2. The student will explain the structures and functions of the body and how they relate to and are affected by human movement.

Assessment: Questioned during closure.

## PART II – REFERENCES AND EQUIPMENT

### References:

Ms. Gause from OSHS.

Mr. Majewski-

<https://primecoachingsport.wordpress.com/2017/01/10/rapid-relay-races-6-free-competitive-challenging-relay-race-ideas/>

**Equipment:**

## Hockey Sticks

5+ balls

## Cones

2 goals

## PART III – LESSON ACTIVITIES

**INSTANT ACTIVITY**    **Boarder Dribbling**    (Time: 3 min)

Organization/Transition:

Have the students grab a stick and puck, then find a spot on the basketball court boarder. The students may begin the activity once the teacher signals to go.

**Description:**

On “Go,” the students will begin to dribble their puck by pushing it along the boarder of the court. They will begin by walking, when the teacher feels the class is ready, she will tell them to JOG. The students will pick up the pace, while controlling their pucks on their sticks. The teacher will then tell the students to WALK when she feels they’re ready to slow down. This will continue for about 3 minutes.

Materials:

## Hockey sticks

## Pucks

**SET INDUCTION** (Time: 10 min)

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Organization/Transition:

Have the students leave their sticks and pucks on the line, but to have a seat in the center circle of the gym.

**Description:**

Review last class: Dribbling and Push Passes. Go over learning targets with the class. Then introduce shooting skill- when to use and how to perform. Review safety for this lesson too!

Materials:

Learning Target board  
1 hockey stick  
1 puck

**MAIN LESSON**

**(Total Time: 40 min)**

**Activity 1: Passing Shuttle (Time: 10 min)**

Organization/Transition:

There will be 5 lanes made by cones. At each end of all the lanes will be lines of students. Each student will have a hockey stick. Each lane will have one ball.

Description:

On "Go," the student with the ball will begin to dribble the ball to the student on the other side of their lane. Once halfway, they will push pass the ball to their classmate. That student will stop the ball with their stick, then begin dribbling towards the side from which they received the ball. Again, halfway through, the student will push pass the ball to their classmate. Students will continue to follow this pattern until the teacher says otherwise.

Equipment:

Hockey sticks  
5 balls  
cones

Cues:

Heads up.  
Bent knees.  
Non-dom on top, Dom in the middle.  
Strong shoulders.  
Step, Rotate, Pull and Push.  
Point blade to target.

Modifications:

Change the dribble pattern before passing.

**Activity 2: Hockey Target Knockdown (Time: 10 min)**

Organization/Transition:

6 stations will be set up along the side of the gym. A pathway will lead the students towards 3 cones placed side by side. Students will form groups of 6 behind each station. There should also be one puck per station.

Description:

When the teacher signals to start, the first person in line will dribble the ball through the pathway. Stop the ball, then try to push the puck towards a cone. The students will try to

knock the cones down by shooting the puck towards them. After the student shoots once, they will collect the ball and bring it back to start of their line and let the next person try. Once all of the cones are down, put them back up and try again.

**Equipment:**

- Polly spots
- 18 cones
- Hockey sticks
- 6 Hockey pucks

**Cues:**

- Heads up.
- Bent knees.
- Non-dom on top, Dom in the middle.
- Strong shoulders.
- Step, Rotate, Pull and Push.
- Point blade to target.

**Modifications:**

- See which group can knock down all their cones first.
- Change the dribble pattern before they knock down the cones.
- Change the distance between the cones and where the students shoot from.
- Add more cones.

**Activity 4: Small Sided Games (Time: 20 min)**

**Organization/Transition:**

- Have two half court fields set up. Each court will have one hockey goal and a cone goal.
- Students will be split into 5 teams (7 students per team).

**Description:**

Two games will be going on at one time. One team will be off to the side participating in a passing shuttle. Each game will last 5 minutes. Safety must be emphasized! Each game will start with the ball in the middle of each court. One person from each team will place their hockey stick next to the ball. Once the teacher signals to start, those 2 students will go for the ball. Whomever gains possession must pass the ball to a teammate. 3 passes must be completed between teammates before a shot is taken on their opponents' goal. If the ball goes out of bounds, the other team will bring the ball back into play. The team with the most points after 5 minutes wins. After the 5 minutes, the teams will rotate.

**Equipment:**

- 2 goals
- Cones
- Hockey sticks
- 3 balls

Cues:

Sticks on the ground!  
Heads up.  
Bent knees.  
Non-dom on top, Dom in the middle.  
Strong shoulders.  
Step, Rotate, Pull and Push.  
Point blade to target.

Modifications:

Have the team on the side act as referees.  
Have the team on the side act as ball boys to keep the game moving faster.

## **CLOSURE**

**(Time: 7 min)**

Organization/Transition:

Have the students return their equipment to their proper spots, then have a seat in the center of the gym. Have the learning target board out for this.

Description:

Ask the students what they enjoyed the most about today's lesson. If they found a new technique to help them control their ball. Then ask for different muscles used to complete a push pass.

Equipment:

Learning target board.

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## **PART IV - REFLECTION**

Did the students enjoy the lesson today?

How could I make the transitions smoother?

How could I modify the small games to make it easier for the students to understand?