

Old Dominion University
Physical Education Lesson Plan

Name: Megan David Date: 11/8/19 Grade Level: 9th

Unit: Floor Hockey Lesson Focus: Mini Sided Games # 3/5

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

PART I – STANDARDS, OBJECTIVES, AND ASSESSMENTS

Lesson Goal(s):

Learning Targets:

- I can work cooperatively with my team during todays class.
- I can explain how force and speed is utilized in a game of floor hockey.
- I can controllably dribble a ball, using a hockey stick with two hands.

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 explain how force and speed is utilized in a game of floor hockey by the end of class.

Domain: Cognitive

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

VA SOL: 9.1.c. Apply the concepts and principles of levers, force, motion, and rotation in a variety of activities.

Assessment: Verbal

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.

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:

Learning Target Board

Hockey sticks

6-8 balls

20-23 cones

14 pinnies

2 hockey goals

PART III – LESSON ACTIVITIES

INSTANT ACTIVITY Noodle Tag **(Time: 4 min)**

Organization/Transition:

Students will line up on the base line of the basketball court. 3 taggers will be in the open area of the basketball court. All students will have a noodle.

Description:

The teacher will signal for students to run to the other baseline. While students are running, they must keep their noodle touching the ground and use 2 hands. The 3 taggers will try to tag people by tapping the outside of their classmate's legs as they run by. If a student gets tagged they must complete the exercise given by the teacher before the next round. Taggers will be switched after 2 runs. This will go on for about 4 minutes.

Materials:

Noodles

3 pinnies

SET INDUCTION **(Time: 5 min)**

Organization/Transition:

Have the students return their noodles to the bin, in groups. Once they are put away, have the students sit in the center circle of the gym.

Description:

Remind kids of safety rules! Review skills practiced the last 2 days. Go over Learning Targets and activities planned for the day.

Materials:

Learning Target Board.
Hockey stick
Ball

MAIN LESSON

(Total Time: 45 min)

Activity 1 : Hockey Target Knockdown (Time: 15 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
6-7 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 2: Small Sided Games (Time: 30 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). Review game and safety rules before sending the students out.

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 6 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
- 14 pinnies

Cues:

- Sticks on the ground!
- Heads up.
- Bent knees.

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: 6 min)

Organization/Transition:

Have the students return their equipment by teams, then return to the center circle of the gym.

Description:

Review the learning targets for today. Ask the students if they enjoyed the class. What did they enjoyed the most? Ask the class if they can explain how force and or speed can be utilized in a game of floor hockey. (Does it make it more difficult to control your ball? If you have more force behind a push pass, what happens?).

Equipment:

Learning Target Board.

PART IV - REFLECTION

Did the students enjoy the activities today?

How can I make the transitions smoother?

How can I modify the small games differently?