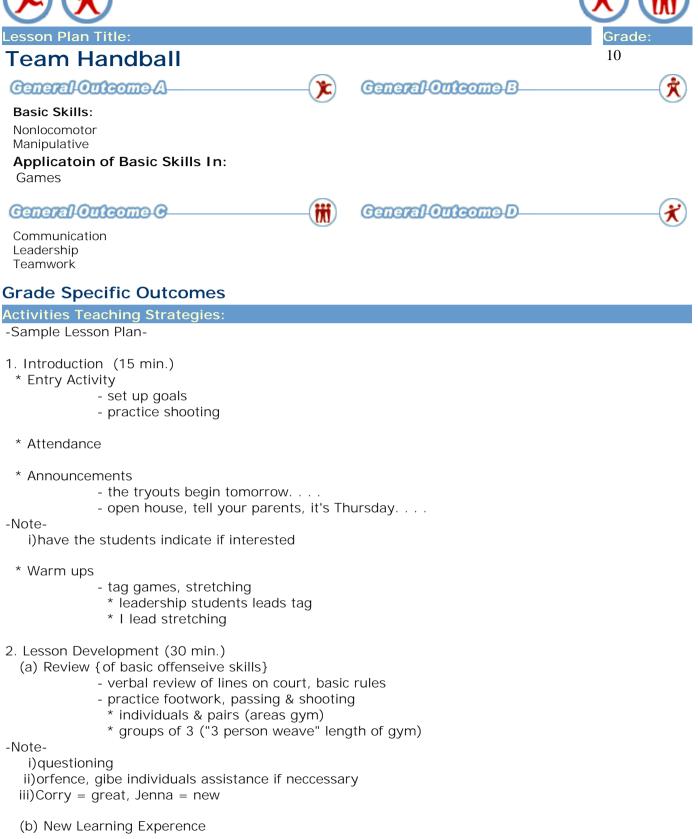
Physical Education Online - Lesson Plan





{Defense}

* Demonstration / Explanation

- in groups of three
- 2 groups demo (1 on offence, 1 on defence)

-Note-

i)cues: "step out, hands up" (as offense approaches)ii)defence must stay out of crease too

- * Skill Development & Practice
 - 2 groups in front of goal at each end (D)
 - other groups of 3 go toward goal (O)
 - after shot, team on O=D, 'D' goes to 'O'
- * Application of Skills & Knowledge / Game
 - combines groups of 3 for a team
 - * 7 players & subs
 - * 2 of 3 teams play full court game for 5 min on, rotate team off for 5 minutes.

-Note-

i)team off can provide referees/I can observe play

- 3. Closure (9 min)
 - * Cool Down
 - leadership eg. to lead level stretch
 - * Summary
 - of defence: how, where?
 - * Evaluation of Lesson

- "where did you think. . ."

- * For Next Lesson. . .
 - "Remember to hurry in to get up goals and practive skills. Have a great day!"

-Note-

i) talk to Tara re: Leadership

Assessment Strategies:

Develop Rubric (self) with students to include criteria such as: 1. my role as a defensive player/offensive player, 2. role as a team member, 3. effort exerted, 4. feeling successful with their effort.

Equipment:

- 2 sets of goals
- 15 balls
- 6 pylons

Resources:

Adaptations:

None