



Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

Team Handball

10

General Outcome A



General Outcome B



Basic Skills:

Nonlocomotor
Manipulative

Application of Basic Skills In:

Games

General Outcome C



General Outcome D



Communication
Leadership
Teamwork

Grade Specific Outcomes

Activities Teaching Strategies:

-Sample Lesson Plan-

1. Introduction (15 min.)

* Entry Activity

- set up goals
- practice shooting

* Attendance

* Announcements

- the tryouts begin tomorrow. . . .
- open house, tell your parents, it's Thursday. . . .

-Note-

i) have the students indicate if interested

* Warm ups

- tag games, stretching
- * leadership students leads tag
- * I lead stretching

2. Lesson Development (30 min.)

(a) Review {of basic offensive skills}

- verbal review of lines on court, basic rules
- practice footwork, passing & shooting
- * individuals & pairs (areas gym)
- * groups of 3 ("3 person weave" length of gym)

-Note-

i) questioning

ii) offence, give individuals assistance if necessary

iii) Corry = great, Jenna = new

(b) New Learning Experience

{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 practice 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