



Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

Skiping - 360 degrees - Advanced Twister

4-6

General-Outcome A



Basic Skills:

Locomotor
Manipulative

Applicatoin of Basic Skills In:

Individual Activities

General-Outcome B



Functional Fitness

General-Outcome C



General-Outcome D



Effort

Grade Specific Outcomes

Activities Teaching Strategies:

Introductory Activity - Line Jump

- pick a line on the floor, in 30 seconds, how many times can you jump over and back? Repeat and try to beat your record.

Body - Each child has a short rope. Review arm position, two feet together, jump forward and backward.

Teach 2 new tricks:

a) Twister 360 degree turn - skip forward, side swing and turn around, skip backwards, turn around, skip forward.

b) Advanced twister - twist to right, center, twist to left (twister) now try it again only go directly from right to left and back again

Play music and allow children time to practice these

Culminating Activity - Work with a partner to show the two new tricks to be sure that you have it correct.

Assessment Strategies:

Checklist of the steps for each trick could be posted on the board for children to check either as a self-check or with a partner.

Equipment:

1 short rope per child

Music - popular with students

Resources: Health Related Fitness grades 3 and 4

LRDC# 395922

Resources:

Adaptations:

Children can take their pulse rates at various times during the lesson.