



Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

Safe Landings

K-3

General Outcome A



Basic Skills:

Nonlocomotor

Application of Basic Skills In:

Types of Gymnastics

General Outcome B



Well-being

General Outcome C



General Outcome D



Effort
Safety

Grade Specific Outcomes

Activities Teaching Strategies:

Introductory Activity – have children move in and out of spaces doing a teacher selected locomotor step, on signal, children jump and then continue moving.

Body – Safe Landings – talk to children about safe body parts to land on. Discuss the need for bent knees and bent ankles. Talk about not landing on other body parts. Talk about clear spaces to land. Have children move through spaces again but get onto some of the equipment and show safe landings.

Work on short sequence jump-land-roll individually in a good space. Start and end with a freeze.

Culminating Activity – Have some students demonstrate their sequences with others concentrating to see if they have “safe landings”. Children can give marks 1-2-3 for safe landings.

Assessment Strategies:

Rubric for safe landings

- 1- sequence shows safe landing – landing on feet with knees and ankles bent, in a safe place, creative freeze at start and end, body balanced, use of arms to help balance.
- 2- sequence has safe landing on feet, has somewhat of a freeze beginning or end, somewhat balanced
- 3- sequence needs to improve on clear safe landings, freezes difficult to see, not balanced on landing

Equipment:

small equipment - benches/chairs/mats in half of gym

Resources:

Gymnastics Fun and Games - LRDC# 396227, and Up, Down, All Around LRDC# 395881

Adaptations: