



Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

Group Routine

10 - 12

General Outcome A



General Outcome B



Basic Skills:

Locomotor
Nonlocomotor

Application of Basic Skills In:

Types of Gymnastics

General Outcome C



General Outcome D



Grade Specific Outcomes

Activities Teaching Strategies:

Introductory Activity – Set up stations in gym to go over various basic skills (example: rolls-forward and back, balances-headstands, monkey stands, weight transference-cartwheels, round offs, rope-climbing and swinging, weight bearing with partner)

Body – Have students work in groups of 6-8. Put routine together to include basics as well as the above work done at stations. Can be put to music. Discuss formation of groups and variety of movement. Go over criteria with students. Have each group develop their own rubric based on the criteria for other groups to assess. Allow time to work on routine, may need more than one class to get the quality you are looking for (flow, variety of levels, directions, pathways, speed, choreography, focused routine).

Culminating Activity – Groups perform routine while other groups assess using the performing group's rubric and criteria presented to them. Discuss how to be a good audience, respectful, quite, attentive

Assessment Strategies
Same as grade 7-9

Assessment Strategies:

After the students have helped to create the rubric based on the criteria, have them peer assess each group. This can either be done from the video or in class.

Be sure the following are included: use of space, creative moves, choreography, flow, etc.

Equipment:

mats to cover all areas that the students are using
CD player, paper and pens, cards/tasks for each stations

Resources:

Resources: Cooperative Learning in Physical Education
LRC# 396201

Adaptations: