



Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

Bean bag - throw and catch

K-3

General Outcome A



General Outcome B



Basic Skills:

Manipulative

Application of Basic Skills In:

Games

General Outcome C



General Outcome D



Grade Specific Outcomes

Activities Teaching Strategies:

Introductory Activity – Each child gets a beanbag. Teacher names a body part and children must travel in and out of spaces keeping the bean bag on that body part (no use of hands), change the body part often. If it drops, child picks it up and goes again.

Body – Each child in their own space. Try to throw the beanbag up, just above head and catch it without moving feet. Now try with right hand, left hand, both hands, alternate hands. Eyes must be kept on the target. Hands in a ready position to catch and follow through with throwing. Catch high, catch low, catch to the right, catch to the left, behind. Now try moving in and out of spaces. If bean bag drops, student must stop and throw it up and catch it successfully 5 times before moving again. Talk about peripheral vision and good spaces. Try moving sideways and backwards. How many times can they throw it up and catch it in a row? Now beat their record.

Culminating Activity – Work with a partner and 1 beanbag. Both are stationary 1 m apart. How many successful throws and catches in a row without moving their feet? Beat their record. Praise all groups who got more than 3!

Assessment Strategies:

Teacher Observations and assessment can simply be as follows:

Name Throwing Catching

X – having trouble

M – mastered

? – not observed

Equipment:

beanbags for each student

Resources:

Games using small equipment Ready to Use P.E. Activities grade 1&2 - LRC # 257180

Adaptations:

