



Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

Advanced Throw and Catch

4-6

General Outcome A



Basic Skills:

Manipulative

Application of Basic Skills In:

Games

General Outcome B



Functional Fitness

Well-being

General Outcome C



Communication

Leadership

Teamwork

General Outcome D



Effort

Safety

Grade Specific Outcomes

Activities Teaching Strategies:

Introductory Activity – All students take a scooter and teacher selects 5 students to be “it”. All children must travel on a large body part (rear, stomach or back), play a game of frozen tag. Once caught, child must sit with arms out to each side and another child must go under both arms to free them.

Body – Work with a partner playing throw and catch on scooters. If they feel comfortable, they can move in and out of spaces too. Try single arm passes, chest passes, bounce passes. Try to play rebound pass against a wall. Join with another pair and using one ball, play 2 vs. 2 keep-away. If one falls off the scooter, ball goes to the other team.

Culminating Activity – Divide class in half, and play Dodgeball. If a child gets hit (from shoulders down), or falls off scooter, they go to designated area behind the opposite team. If ball goes in that area, they can try to hit members of the opposite team, if successful they go back in.

Assessment Strategies:

Use rubric on Being Leadership in Assessment binder. It has 5 categories assessing G.O. #3 and #4.

Equipment:

scooters for all students

variety of balls

nerf or gator ball for dodgeball

Resources:

Games to keep kids moving

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Adaptations: