



Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

Wiffle Tag

4-6

General Outcome A



Basic Skills:

Locomotor

Application of Basic Skills In:

Individual Activities

General Outcome B



Functional Fitness

General Outcome C



Communication

Fair Play

Teamwork

General Outcome D



Effort

Grade Specific Outcomes

Activities Teaching Strategies:

Number off the class from 1-6 along with a colored wiffleball for each student. After giving the class numbers and the wiffleball, call out a color that has to tag the other five colored teams with a wiffleball. For safety, call out a body part to be tagged each time. Participate for 20-30 seconds and when tagged that person goes to an assigned position to be set free before the time limit is up. Call out a new number each time. Try to beat a previous score of those who are tagged or set free.

Assessment Strategies:

Self-assessment given orally to the teacher based on the following criteria - 1. listening skills, 2. following directions, 3. effort given, 4. sportsmanlike skills

Equipment:

wiffleballs and cones for boundaries

Resources:

Adaptations: