

PHYSICAL EDUCATION LESSON PLAN
Department of Exercise and Sport Sciences * Manchester College

Teacher Dane DeWitt Team Teacher Luke Bentley

Date 4/21/2011 Time Period 1:05-1:25 Grade Levels 4-6 Number of Students 18

Standard(s): Standard1: Students demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2: Students demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 5: Students exhibit responsible personal and social behavior that respects self and others in physical activity settings

Objectives:

(Pyschomotor)

TSWBAT demonstrate a full swing in golf by using an overlap, interlocking, and full-finger grip having feet shoulder width apart, having the front arm straight with back arm bent at a 45 degree angle and having the golf ball travel in the forward direction, 5 of 7 times.

(Cognitive)

TSWBAT identify areas of excellence and areas of improvement for another student, by filling out a reciprocal task sheet, 100% of the time.

TSWBAT identify overlap grip and stance by answering correctly on a written test with 80% proficiency.

(Affective)

TSW work cooperatively with students of different skill levels, 100% of the time.

Equipment/Material Needs: 6 putters (1 left handed putter), 12 irons, 12 towels

LESSON FOCUS

Introduction/Set Induction:

Reciprocal Teaching

How is everyone doing today! Today we are going to be reviewing putting in groups, and then we are going to learn how to do a full swing shot with irons. Can anyone tell me what we learned about putting? (answers: grips, stance, where the ball is placed) Today we will be working in groups of two for our putting review and I am going to have you guys and gals evaluate each other on all of the things that we learned from Miss Hammel about putting. One person is going to put, and the other person in the group will be filling out this sheet that I am about to hand out to all of you. When each of you has filled out the sheet completely and correctly, we will move on to the full swing.

Intro to full swing

(I will do the reciprocal right at the start of class then I will introduce the Full Swing) For the full swing, we will not actually be hitting a golf ball today, so we can master our full swing. We will be doing 2 drills today if we have enough time to fit the second drill in. The first drill will be the cane activity. (DEMO) The second drill we will be doing is the Towel drill. (DEMO)

EXPLANATION / DEMONSTRATION

Skills Reviewed/Introduced	Learning Cues
1. Putting	<ul style="list-style-type: none">• Use interlocking grip• Feet spread shoulder width apart• Golf ball is placed forward in stance• Body is slightly bent over• Dominant eye is directly over the ball• Stiff arms• No breaking of the wrists• Putter swings in a pendulum motion• Follow through with putter slightly off the ground
2. Interlocking grip	<ul style="list-style-type: none">• Non dominant hand at the butt of the handle• Thumb facing down• The dominant hand goes below the top hand• Pinky of the dominant hand interlocks with index of non-dominant hand• Dominant hand has thumb facing down as well
3. Overlap grip	<ul style="list-style-type: none">• Non dominant hand at the butt of the handle• Thumb facing down• The dominant hand goes below the top hand• The pinky of the dominant hand rests over the index of the non-dominant hand• Dominant hand has thumb facing down as well
4. Full-finger grip	<ul style="list-style-type: none">• Non dominant hand at the butt of the handle• Thumb facing down• The dominant hand goes below the top

5. Full-Swing	<p>hand</p> <ul style="list-style-type: none"> • The dominant hand wraps around the thumb of the non-dominant hand • Dominant hand has thumb facing down as well • Feet spread shoulder width apart • Knees slightly bent • Front arm remains stiff • Rear arm bends at a 45 degree angle • Club head should reach to above your head on backswing • Start forward downswing with shoulders and hips • Keep your eye on the golf ball the whole time • Contact the golf ball • Rotate the hips as you contact the golf ball • Finish with chest facing the target with club at a high finish
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INSTRUCTIONAL SCHEDULE

Time	Instruction/Practice Activities (with Description)
1:05-1:15	<p>Reciprocal Teaching: I will review the skills that they will be observing on the task sheet. I will explain to the students that they are going to be evaluating each other on the performance of the criteria listed on the task sheet. The students will be paired up in groups of 2; one student will be the putter and the other student will be the observer. The observer will mark yes if the student had the certain criteria in his/her swing. The observer will mark no if the student did not successfully complete the listed criteria. Each student will take 5 shots with the putter, then switch with his/her partner and reverse rolls of putter and observer. After all students are finished they will hand task sheets into me.</p>
1:15-1:20	<p>Introduction to Full Swing</p> <p>Review: For review, I will go over what skills are involved in putting and in approach shots. I will go over putting well enough so they are able to successfully complete the reciprocal task sheet that they will do. I will also go over with the students what they learned with Mr. Bouse and Mr. Carver for the approach shots with the irons and wedges.</p> <p>Guided Practice: The students will be all lined up spaced out far enough part for safety. I will explain the Cane Activity and demonstrate what it will look like, and</p>

<p>1:20-1:22</p> <p>1:22-1:24</p> <p>1:24-1:25</p>	<p>let one student come in front of everybody to see if he/she can do it, and I will help him/her through the activity. I will do the same for the Towel Drill. I will have each student lined up with a club and a towel. I will explain to them what to do while they are in position to do each activity.</p> <p>Cane Activity: Each student will have either a 5, 7, or 9 iron. While holding the iron in their hand, they will flip it upside down so the handle is on the ground so that the club resembles a cane. The top hand will be placed on the sole of the club, and the bottom hand right under the top hand. The grip of the club should be in line with the forward heel where the golf ball should be. The students will then practice taking a full swing. The students will use the skills that were introduced to them.</p> <p>Towel Drill: Have students grasp a large twisted towel at each end with the palm of the front hand down and the palm of the rear hand up. They should extend both arms about shoulder width apart and swing backward and through the target. Just as the students begin the forward downswing, they release the rear hand from the towel and continue with the front hand and arm fling the towel forcefully out toward the target with a high finish.</p> <p>Closure</p>
<p>Closure: Did everybody have fun today?! What type of activities did we do today? (answers) Putting evaluation, Full swing. Can anyone tell me what skills you learned for the full swing? (answers) Front arm straight, back arm bent at 45 degree angle, club goes above the head...etc. Everybody did a great job today, and now you are going to go do some more full swings with Mr. Bentley</p>	
<p>References:</p> <p>Carnes, L. & Pettigrew, F. & Zakrajsek, D. (2004). <i>Quality lesson plans for secondary educatio</i>. (2nd ed.) Champaign, IL: Human Kinetics.</p> <p>McManama, J. & Schmottlach, N. (2010). <i>Physical education activity handbook</i> (12th ed.) San Francisco, CA: Pearson Education.</p>	