

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

Teacher: **Mr. Williams** Date of Lesson: **March 21-24, 2011** Time Period: **8-8:40, 10:20-11:00, and 11-11:40** Grade Level: **2, 3, 5** Number of Students: **25** Lesson Focus: **Floor Hockey and Team Play**

Group Activity

This is the last week for the floor hockey unit. This final class will consist of one large, class wide game played full court. The second graders will be using the actual floor hockey equipment as well (not Pillow Pilo). I will begin the class by explaining how we will play, and ask them for examples of good team strategies and teamwork. Once that is established, I will explain that we are going to incorporate math into this lesson. The losing team will have to do a certain number of push-ups, but the number is determined by the score. You will find the difference between the winning and losing team's scores, then add three. This will give you the number of pushups that are required of the losing team. The first person from the losing team to come up with the answer to the math problem at the end of the game will be excused from pushups. The fifth graders may receive a more difficult math problem. Once the game is underway, I will introduce a second puck into the game in order to allow more people access to a puck and a chance at scoring. This will also allow them more opportunities to practice various hockey skills.