

LESSON PLAN
Department of Exercise and Sport Sciences
Manchester College

Teacher Jordon Knox Date of Lesson 9/28 Time Period 2:40-3:20
Grade Level 5th Number of Students 20 Lesson Focus Kicking/Punting Teaching Style Reciprocal

Academic Standards

C: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

A: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

P: Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Performance Objectives

C: The students will understand when to punt the football when asked, 8 out of 10 times.

The students will understand when to kick the football when asked, 8 out of 10 times.

A: The students will work cooperatively with their partner at each of the station, 100 percent of the time.

P: The students will punt the ball to each other by following the steps shown, 7 out of 10 times.

The students will kick the ball to each other by following the steps shown, 7 out of 10 times.

Equipment/Materials

8 foam ball, 4 cheese balls, 14 cones

Skill Development (*Incorporate Gardner and Bloom references*)

Fitness Activity (Bodily-Kinesthetic, Gardner)

Let's warm our bodies up by jogging down to the trees and back.

Let's warm our shoulders up by doing 10 arm circles forward and backward.

Let's warm our hips up by swing each leg forward and backward 10 times.

Introduction/Set Induction (Verbal-Linguistic, Gardner).

Today we are going to practice kicking and punting. Kicking and punting is important skills to the game of football. Can anyone tell me when in a game we would kick or punt the ball? (Knowledge, Bloom).

Introduce New Skill

Explanation/Demonstration (Verbal-Linguistic & Visual-Spatial, Gardner)

Kicking

*Slowly take 2 to 3 steps toward the ball

*Plant nonkicking foot to the side of the kicking tee

*Flex kicking leg at the knee and straighten as foot contacts ball

*Contact the ball below the midline of the ball

Punting

*Grip ball with laces up

*Place one hand on front of ball and the other hand on back of ball

*Drop the ball

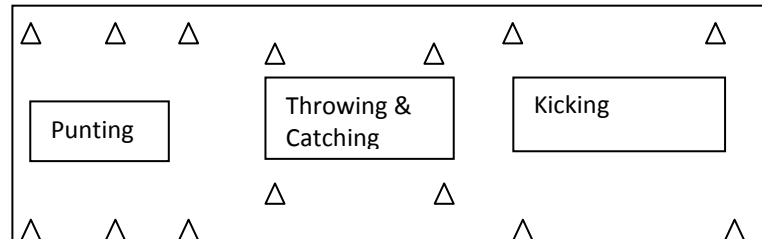
*Kick the ball with top of the foot with toe pointed straight out

Guided Practice Activity

Practice will be provided in the group activity.

Group Activity (Bodily-Kinesthetic, Gardner)

There will be three stations set up indicated by cones. Divide students evenly among each station.



Station 1: Kicking

- Students will be put into partners. One student will be at one kicking tee and the other partner will be at the other tee. One student will kick the ball to their partner. The partner will retrieve the ball and place it on their tee and kick the ball back to their partner.

Station 2: Throwing and Catching

- The students will play the distance game. The students will start out a few steps away from each other. One partner will throw the ball and the second partner will attempt to catch the ball. If the partner catches the ball the students will take two steps back. If they miss the ball they will stay where they are.

Station 3: Punting

- The students will line up across from each other lined up between the two cones on the end. Their goal is to punt the ball past the line made by two cones in between the end cones. One partner will punt while the other partner retrieves.

Assessment (Form Attached)

Assessment is a reciprocal form the students will do. The form will be conducted on punting and kicking.

Instructional Adjustments

- If students struggle with the distances, you can have students move in closer.
- Can modify as needed.

Closure (Verbal-Linguistic, Gardner)

What skills did we work on today? (Knowledge, Bloom)

How do we punt? How do we kick? (Comprehension, Bloom)

When do we kick the ball? Punt the ball? (Comprehension, Bloom)

Was it easier to kick or punt the ball?

References

*Zakrajsek, D.B., Carnes, L.A., and Pettigrew, jr. F.E.(2003). *Quality lesson plans for secondary physical education*. Champaign, IL: Human Kinetics.

Kicking and Punting

Seer _____

Doer _____

Directions: When at the kicking and punting station, perform each skill during your time there. Place a check next to the yes if you see your partner able to do each step of a skill. Place a check next to the no if you do not see your partner able to do each step.

Kicking

Plant nonkicking foot to the side of the kicking tee Yes_____ No_____

Flex kicking leg at the knee and straighten as foot contacts ball Yes_____ No_____

Contact the ball below the midline of the ball Yes_____ No_____

Punting

Grip ball with laces up Yes_____ No_____

Place one hand on front of ball and the other hand on back of ball Yes_____ No_____

Drop the ball Yes_____ No_____

Kick the ball with top of the foot with toe pointed straight out Yes_____ No_____