Lesson Plan
Department of Exercise and Sport Sciences
Manchester College

Teacher: Cortney Jones  Date: October 22, 2009  Time Period: 1:35-2:00  Students: 16
Grade/Developmental Level: 2-3 Grade/Level 2  Lesson Focus: Kicking  Teaching Style: Task

Standards: **Standard One:** Students demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activity. **Standard Two:** Students demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activity. **Standard Three:** Students participate regularly in physical activity.

Performance Objectives:
C: Students will show that they know the correct way to do the kick by being assessed and successfully getting all of the teaching ques correct 3 out of 4 times.
A: The students will be able to work with another student successfully.
P: The student will be able to kick a ball using the correct technique 3 out of 4 times.

Equipment/Materials: CD player, CD, 4 goals, 6 large gator balls, 6 small gator balls, 2 laundry baskets, signs of what to do at each station that I will provide

Skill Development:
   **Instant Activity:** Six station activity with different skills for the students to participate in at each of the stations.

   **Fitness Activity:** The students will play a game of freeze tag. There will be two taggers and when they tag a student the student must then spread their legs apart so that another student can crawl under their legs to unfreeze them. After a couple of minutes stop the game and choose two new taggers.

   **Review:** I will be reviewing the catch and throw. I will partner the students up and have them practice playing catch using small gator balls. I will have the students start out close and slowly work their way further apart playing catch. *(Bloom’s: Knowledge)*

Introduce New Skill:
   **Explanation/Demonstration:** I will ask if a student would like to demonstrate in front of the class the skill of kicking. I will then go through the teaching ques of the correct way of kicking. After I have demonstrated I will then have the students without an object practice the skill of kicking.

   **Kicking Ques:**
   1. Need to step forward with the nonkicking leg.
   2. Stand behind and slightly to the side of the ball.
   3. Eyes should be kept on the ball (head down) throughout the kick.
   4. Move their leg like a pendulum motion.
   5. Arms should move in opposition to the legs during the kick.
   6. Practice using both feet to kick.
Guided Practice Activity: For the guided practice activity I am going to have 4 goals set up where the students will be put into groups and divided up among the goals. They will then practice behind a designated line kicking the ball into a goal. They will kick the ball and then retrieve the ball that they kicked and bring it to the person in their line that does not have a ball.

Group Activity: I will have 5 stations set up for my students to go around to. They will be divided up into groups and put at different stations evenly. They will be at each station for about 1 min. and 30 secs. to 2 mins. At each station there will be signs posted reminding the students what to do at each station.

1. At station number one they will have a goal that they will be kicking the larger gator balls into. They will kick the ball with their right foot into the goal and then go and retrieve their ball that they kick and give their ball to the next person in line without a ball.

2. At station number two they will have a goal that they will be kicking the larger gator balls into. They will kick the ball with their left foot into the goal and then go and retrieve their ball that they kick and give their ball to the next person in line without a ball.

3. At station number three they will have a goal that they will be kicking into with the larger gator balls. There will be two students standing beside the goal and the rest of the students behind the kicking line. The student beside the goal will roll the ball to the student behind the kicking line, in which the student will kick the rolling ball into the goal. The student rolling the ball with go to the end of the kicking line and the student who kick the ball with then retrieve the ball give it to the student in the rolling line and then go to the end of the rolling line.

4. At station number four the students will have a smaller goal that is a laundry basket that they will be kicking the smaller gator balls into. They will kick the gator ball into the basket and then go and retrieve the ball and hand it to the next person in line.

5. At station number five they will have a small goal that is a laundry basket that they will be kicking small gator balls into. There will be two students beside the goal that will be rolling the ball to the other students who are behind the kicking line. They will kick the rolling ball into the laundry basket. The roller will go to the end of the kicking line and the kicker will retrieve the ball and hand it to the roller who does not have a ball and go to the end of the rolling line.

I will be playing music as the students are doing the stations. When the students hear the music go off they will put their balls into the goals and go to the next station where a sign will be posted reminding them what they are to do at that station. (Gardner’s: Bodily Kinesthetic)

Assessment (Form Attached):
Instructional Adjustments: If the students are doing really well at kicking I will tell them that they can move back to kick the ball or practice using their nondominant foot to kick the ball. For those students that are struggling I will tell them to move closer to kick the ball and to kick the balls not moving.

Closure: I will ask the student what skill that they learned today. I will then ask the students what are some of the important things to remember when kicking the ball. I will also ask a student to stand up and demonstrate the kick. (Bloom’s: Comprehension)

References: