

LESSON PLAN
Department of Exercise and Sport Sciences
Manchester College

Teacher Mr. Minnich Date 10-14-10 Time Period 12:55-1:20 Students 20
Grade/Developmental Level k-1 /1 Lesson Focus Review locomotor skills Teaching Style:
Task

Academic Standard(s)

Students demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students exhibit responsible personal and social behavior that respects self and others in physical activity settings.

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

Performance Objectives

C: The students will identify the locomotor skills by the end of the lesson accurately.

A: The students will work positively with one another throughout the lesson showing respect to self and others.

P: The students will be able to leap over the “river” 3 out of 5 times using the correct leaping form.

Equipment/Materials

10 cones, 2 hula hoops, 2 carpet squares, tape

Skill Development

Instant Activity

1. Balance beam
2. Keep it up
3. Jump rope
4. Kick
5. Paddle board
6. Bounce

Fitness Activity

Hot lava: tell the students that the floor is hot lava. The lines on the racquetball court are land. The students need to stay on the lines. They need to run because the lava is coming closer to them.

Introduction/Set Induction

Today we are going to review some of the skills we have worked on. We will be working on walking, running, jumping, and hopping. Can anyone show me how to leap? (student demo) Can anyone show me how to jump? (student demo) Can anyone show me how to hop? (student demo) Let's work on jumping, hopping, and leaping all the way to the sky today. *Bloom's Taxonomy: knowledge*

Review

The whole lesson will be a review of locomotor skills.

Introduce New Skill

Explanation/Demonstration

Walk: eyes up, toes forward, walk quietly (demo)

Run: eyes up, bend knees, swing arms forward and backward (demo)

Leap: push off and reach, land lightly, use arms (demo)

Jump: swing arms, bend knees, on toes, land lightly (demo)

Hop: stay on toes, use arms for balance, reach high, land lightly (demo)

Guided Practice Activity

Split the students up into 4 groups of five. There will be 4 different stations. The stations will be run, leap, jump, and hop. At the run station the students will run around the perimeter of the racquetball court. At the leap station the students will leap over the “river”. Cones will mark the start and end of the river. The students will need to leap over the river to stay “dry”. The jump station will have various objects on the ground. The students will have to jump over them. The hop station the students will do hop scotch. Tape will mark off the hop scotch area. *Gardner's Multiple Intelligences: Bodily-Kinesthetic*

Group Activity

Food frenzy: Give the students different foods (pizza, ice cream, hot dogs, etc.) each food is associated with a locomotor skill. Tell the students to pick their favorite food. They have to do the locomotor skill associated with the food they picked. Use animals, colors, their favorite skill.

Assessment (Form Attached)

I will be looking for the students to give effort and work positively throughout the lesson.

Instructional Adjustments

Provide one on one feedback with students who are struggling. If a majority of the students do not understand the skills, stop the lesson and re-teach.

Closure

Great work today! I appreciate all of you being great listeners. What are some of the skills we did today? What were your favorite skills? Show me how to do your favorite skill. (student demo) Great job today, next week we will be working on galloping and bouncing.

References

- * Pangrazi, R. P., & Beighle, A. (2010). Dynamic physical education (16th ed.,). San Francisco, CA: Pearson.
- * Schmitz, K. (2010, April 25). Jump. Retrieved October 11, 2010.
<http://www.pecentral.org/LessonIdeas/ViewLesson.asp?ID=9960>
- * Williams, K. (2009, September 29). Food frenzy. Retrieved October 6, 2010.
<http://www.pecentral.org/LessonIdeas/ViewLesson.asp?ID=9095>