

Teacher: Mr. Minnich

Date: 9-23-10

Time Period: 1:25-1:50

Students: 20 Grade/Developmental Level: k-1/dev. 1

Lesson Focus: Throwing

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 student will know the difference between an overhand throw and an underhand throw by the end of the lesson.

A: The student will work positively with the other students 100% of the time.

P: The student will perform throwing skills throughout the lesson.

Equipment/Materials:

20 foam balls, 20 bowling pins, 20 bean bags

Skill Development:

Introduction/ set introduction: Today we will be working on underhand roll and the overhand throw. Does anyone know how to roll the ball? Does anyone know how to throw the ball? First we are going to start rolling the ball. Later we will try to see how many pins we can knock down when we roll the ball. *Bloom's Taxonomy: knowledge* 1:20-1:22

Explanation/Demonstration: When we roll the ball we face the target, step with the opposite foot the ball is in, bend the knees, roll ball smoothly close to ground so ball doesn't bounce. (Demo) 1:22-1:25

When we throw the ball we stand sideways to the target, step with the opposite foot, transfer weight to front foot, follow through. (Demo) *Gardner's Multiple Intelligences: visual-spatial, bodily-kinesthetic* 1:37-1:40

Guided Practice Activity: Have students each get one foam ball. Students will roll the ball against the wall. Watch students, provide feedback. 1:25-1:30

Have students each get one bean bag. Students will throw the bean bag at the wall. Watch students, provide feedback. 1:40-1:47

Group Activity: Place bowling pins throughout the area. Students will attempt to knock over the bowling pins by rolling the ball. Once a student knocks over the pin they will pick it up. They will also retrieve their foam balls. 1:30-1:37

Closure:

Great work today! What did we learn? When we roll the ball do we want to do it like this or like this? (Demo) Great job today, next week we will be working on running, leaping, and catching.

*Bloom's taxonomy: comprehension 1:47-1:50*

References:

Pangrazi, R. P., & Beighle, A. (2010). *Dynamic Physical Education* (16thth ed., ). San Francisco, CA: Pearson.

Williams, K. (2001, April 17). *Rolling a Ball to a Target*. Retrieved September 15, 2010.