

<a href="#">Lesson Plan</a> 2 of 2	NYS/NASPE Standards	Teacher Candidates(s): Vincent Granice Mike Sorrentino Robert Flannigan	School: Sunny Side Up Elementary School	Date: 3/20/11
		Teaching Style: Command Practice Reciprocal Self-Check Guided Discovery Inclusion Convergent Divergent Jigsaw Cooperative		Grade: 6-8 # in class: 12
Domains		Objectives (Be sure to include Situation, Task and Criteria for each objective)	Assessment Tool & When it is used	Length of class: 40 mins
Psychomotor	1 / 1&2	By the end of the class, students must score par or below on at least 7 holes out of 9.	Score sheet	Unit: Frisbee Golf Focus: Game Play
Affective	2/5	Students will show they are able to work with a partner cooperatively, participate in all activities with maximum effort, and demonstrate good sportsmanship throughout the lesson.	Visual Check by Teacher	Equipment: Open area (Gymnasium) and Hallways, discs, cones, hula hoops
Cognitive	1 & 2	At the end of the class, students will demonstrate their cognitive knowledge by reciting the cues for throwing a frisbee and receive a minimum score of a 4 out of 5 on a written test.	Written test	Reference: Pecentral.com
Safety Statement	2/5	Due to lack of space, each hole will be very close together so if you have a wild throw, make sure you yell “Fore” to aware other students. Also, some of the holes will be in the hallways, so make sure you are respectful in the hallways and do no disrupt other students in the class rooms. If you can not follow these rules you will be removed from the remainder of the lesson.	Teacher observation	
<a href="#">NYS Learning Standard 1 – Personal Health and Fitness</a> 1A. Students will perform basic motor and manipulative skills. Students will attain competency in a variety of motor and sports activities. 1B. Students will design personal fitness programs to improve cardio respiratory endurance, flexibility, muscular strength, endurance, and body composition <a href="#">NYS Learning Standard 2– A Safe and Healthy Environment</a> 2a. Students will demonstrate responsible personal and social behavior while engaged in physical activity. 2b. Students will understand that physical activity provides the opportunity for enjoyment, challenge, self-expression and communication. 2c. Students will be able to identify safety hazards and react effectively to ensure a safe and positive experience for all participants. <a href="#">NYS Learning Standard 3– Resource Management</a> 3a. Students will be aware of and able to access opportunities available to them within their community to engage in physical activity. 3b. Students will be informed consumers and be able to evaluate facilities and programs. 3c. Students will also be aware of career options in the field of physical fitness and sports			<a href="#">NASPE Content Standards – A physically educated person:</a> 1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. 2. Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. 3. Participates regularly in physical activity. 4. Achieves and maintains a health-enhancing level of physical fitness. 5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings. 6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	

What is the ongoing fitness theme or emphasis in this lesson? Spreading knowledge of proper self-defense technique			
<b>Health-related Fitness (HRF)</b> <u>NYS LS 1B</u> Cardiovascular endurance Muscular strength Muscular endurance Flexibility Body composition	<b>Explain how it is developed and where in the lesson it occurs:</b> - Increase heart rate during warm up - Dynamic stretching before and after lesson	<b>Skill-related Fitness (SRF)</b> <u>NYS LS 1A</u> Balance Coordination Agility Reaction time Speed Power	<b>Explain how it is developed and where in the lesson it occurs:</b> - In the warm up and through certain stretching techniques - Controlled game play will make students focus on hand eye coordination - During game play - During game play

Lesson Components	Time (mins)	Organization & Transitions	Description				Adaptations Assessments, Reminders
Instant Activity	3	2 teams	To get our heart rates elevated we will be starting class with a quick game of Ultimate Frisbee. This should get everyone warmed up for our lesson and should be a good practice of the different types of frisbee throws (backhand, forehand, hammer).				
Introduction, Signal for Attention, Hook	1	T T T SSSSSS SSSSSS	Good morning class, my name is Mr. Granice, Mr. Flannigan and Mr. Sorrentino and we will be your physical educators for today. Our signal for today is our whistles, when you hear it we want you to stop, look, and listen for instructions. Now remember safety is key, so everyone must have respect for others, myself, and the environment around you. If you can not do so, we will ask you to sit out. Now let's go have fun!				
Demonstration	2	T T T SSSSSS SSSSSS	Forehand Cues – Relaxed grip, thumbs up, step and transfer, follow through Backhand Cues – Rlaxed gip, thumb up, pointer on edge, step and transfer, shoulder to target, follow through				
Body of Lesson (Lesson Focus)			Teaching Progressions – Show some of the major tasks/activities listed on your <a href="#">Activity Progression Worksheet</a> within the selected level of (PC/C/U/P) for the class.				
			Tasks (Extensions) - Activities for the whole class. E.g. Hit the ball over the net to your partner 10 times.	Cues (Refinements) – Simple secrets to improve performance. E.g. Low to high	Challenges (Applications) - More game-like chances to practice the same tasks at the same difficulty level.	Modifications – Add modification to make the tasks easier and harder according to the skill level of the students.	
	11	Get into pairs.	Students will play out 9 holes of frisbee golf keep score on their own. Each hole will have a different locomotor skill to executed before and after the hole.	1. Peace Sign 2. Palms Up 3. Bend Wrist 4. Snap Wrist	Have students aim for targets with stretched out arms for follow through.	Use closer tee starting position from students who are struggling.	
Lesson Closure, Hook to Next Lesson	3		Have the students collect all cones and flags from the golf course and gather in a circle for class discussion. Great job everyone! Please come over to the hul hoop and answer the questions on each quiz. Please answer them to the best of your knowledge. When you are finished please hand them into one of the instructors. Ask the stundents for the cues to throw a frisbee. Ask them, What strategies worked while playing? Didn't work? What will you do differently next time?				
Evaluation of Lesson	Pre-planning: Know the strengths and weaknesses of the students in the class  Post-planning: Refer back to scores, see if the class is ready to move on to the next skill.  Teacher Reflection Notes:						