Unit of Study: Tactical Games

Lesson Topic: Bean Bag Fun Run

Learning Objective (Teaching Point):

I will learn the difference between the underhand and overhand throw by playing Bean Bag.

Notional Physical Education Standard 1:

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

Academic and Content Vocabulary:

Aim-To point or direct a ball at a target.

Throwing Accuracy-Your ability to throw a ball at a target successfully.

Moterials/Resources:

Bean baas, bowling pins and cones

Motivation/Connection:

We have played several activities this school year that included throwing a ball either overhand or underhand. Today, we will focus on accuracy. Much like a baseball player has to throw accurately to be successful in a baseball game, we will have to be accurate when throwing while playing Bean Boa Fun Run.

Prerequisite Skills:

Students have worked on the overhand/underhand throws while playing Knackdown Fun.

Learning Plan/Class Activity (Main Activity):

Athletes, we are going to work an improving our throwing occuracy. We are going to work on throwing bean bags underhand and overhand. To throw a bean bag overhand hold it in your favorite hand (this is called your dominant hand because you use it often). Look at the target and step towards it with your opposite foot (opposite the side that you write with). Bring the ball near your ear as you prepare to throw it. Throw the bean bag of the target and continue looking at the target as you follow through. To throw a bean bag underhand hold it in your favorite hand. Look at the target and step towards it with your opposite foot. Rate your throwing are behind your body and release the bean bag when it is knee high. Continue looking at your target as you follow through. The object of today's game is to work tagether with your team to knockdown several bowling pins by throwing (either underhand or overhand) bean bags. Once of four bowling pins have been knocked down each member of your team will have to run a single lab.

Higher Order Thinking Question(s):

In which sports is it important to accurately throw or hit on object and why?

Differentiated Instruction:

- -Athletes with advanced throwing skills will be challenged by throwing bean bags from a farther distance.
- -Athletes on grade level will improve their throwing occuracy by following instructions from the learning plan.
- Selected below grade level athletes will be provided individual instruction. Students for below grade level will be allowed to move closer to the target.

Closure (Cuimingting Activity):

Selected students will participate in a throwing contest. Several students will share their thoughts about how they can improve their throwing accuracy.

Assessment

Students will be assessed visually and through assessment sheets.

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Chao Zhang

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