

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 Fun Run.
National 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.
Materials/Resources: Bean bags, 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 Bag Fun Run.
Prerequisite Skills: Students have worked on the overhand/underhand throws while playing Knockdown Fun.
Learning Plan/Class Activity (Main Activity): Athletes, we are going to work on improving our throwing accuracy. 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 at 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. Raise your throwing arm 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 together with your team to knockdown several bowling pins by throwing (either underhand or overhand) bean bags. Once all four bowling pins have been knocked down each member of your team will have to run a single lap.
Higher Order Thinking Question(s): In which sports is it important to accurately throw or hit an 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 accuracy by following instructions from the learning plan. -Selected below grade level athletes will be provided individual instruction. Students far below grade level will be allowed to move closer to the target.
Closure (Culminating 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.

Physical Education Lesson Plans For Danielson

Peipei Pang



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