

Guam District Level Lesson Plan

Quarter 2

Name: 2nd Grade Teachers
Room: C Quad/D-103

Content: PE

Grade: 2nd

Timeline: Weeks 1-2

GDOE Content Standard:

Standard 2: Movement Concepts

2.2.1 Identify and demonstrate efficient movement with objects that present balance, change of direction, and spatial awareness challenges.

Lesson Overview:

Students will experience movement with objects that present balance, change of direction, and awareness of space.

Lesson Objectives/I CAN:

I CAN demonstrate efficient movement with objects that present balance.

Vocabulary:

Balance, direction, spatial awareness

Focus Question:

Why is it important to have a good balance?

Description of Lesson (including instructional strategies)

Anticipatory Set:

Teacher will explain the cues of: eyes forward, feet forward, and personal space.
Have the students tell why understanding these cues are important.

Instruction and Strategies:

1. Introduce the activity of learning how to balance different body parts.
2. Demonstrate how to balance (ex: small object on head) correctly (model).
3. Have the students try performing the task together (lead).
4. Observe the students and provide feedback.
5. Repeat the model, lead, test approach as some students may need more assistance than others. Use different parts of the body to balance a particular object.

Guided Practice:

As a class, watch a video or teacher can lead some yoga exercise routine (demonstrate how to balance and being aware of the personal space they have when working with the group/class).

Formative Assessment:

Observe the students as they perform each task and provide feedback/corrections as necessary.

Independent Practice:

Divide the class into groups of 5 or 6. Each group will demonstrate certain techniques they learned about balancing.

Accommodations/Modifications:

Simplified instructions, Teacher guided practice, 1 on 1 instruction, pair with classmate of higher level, Repeated Instructions

Resources (Textbook and Supplemental):

<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9824#.VSs4GMscRIY>
small objects for balancing, Yoga video appropriate for age-group

Reflection:

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Quarter 2

Name: 2nd Grade Teachers
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Content: PE

Grade: 2nd

Timeline: Weeks 3-4

GDOE Content Standard:

Standard 2: Movement Concepts

2.2.2 Identify and begin to demonstrate techniques for efficient and safe movement.

Lesson Overview:

Students will demonstrate techniques for efficient and safe movement.

Lesson Objectives/I CAN:

I CAN show different techniques for efficient and safe movement.

Vocabulary:

efficient, safe

Focus Question:

Why is it important to move efficiently and be safe during physical activities?

Description of Lesson (including instructional strategies)

Anticipatory Set:

Have 4-5 volunteers to demonstrate the game of "Tag" for about a minute.

Instruction and Strategies:

1. Introduce the game of "Sanitize Me Tag"
2. Choose two students to be the taggers (Mr. Germs and Mr. Virus).
3. Set up a simulation sink (hula hoop) with faucet (2 cones).
4. Have the students scatter/spread out in a designated open field.
5. Have the students walk in general space while the two taggers try to tag them.
6. If students are tagged, they must do three things to become free again:
 - *Cough into elbow.
 - *Sneeze into elbow.
 - *Go to the sink and wash hands properly. (hula hoop) Proper washing involves: Turning on faucet, wet hands, pump 2 times for soap (pretend), rub hands together, while singing Happy Birthday to self or ABC song (this was taught in Health). Then the students rejoin the activity of tag.
 - *Teacher will set the time limit.

Guided Practice:

Teacher must demonstrate what the tagged students must do in order to rejoin the Activity.

Formative Assessment:

Observe the students as they play the game and provide feedback/corrections as necessary.

Independent Practice:

Emphasize on safety movement while the students play the game on their own.

Accommodations/Modifications:

Simplified instructions, 1 on 1 instruction, pair with classmate of higher level, Repeated Instructions

Resources (Textbook and Supplemental):

<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9714#.VStC6MscRIY>

hula hoops, cones

Reflection: