

Content: P.E.	Grade/Course: 5th	Length: Two class periods Timeline: 30 minutes
<p>Standard(s):</p> <p>5.1.1 Demonstrate the ability to integrate locomotor and nonlocomotor movements in more complex skills. EXAMPLE(S): Demonstrate mature (proficient) movement patterns in increasingly challenging environments (e.g., obstacle course, stunts, tumbling routine).</p> <p>5.1.2 Develop the ability to manipulate objects with the skills necessary to participate in games and lead-up activities (i.e., mini-games applying several skills). EXAMPLE(S): Engage in lead-up activities requiring manipulative skills (e.g., small-sided soccer game with no goalies, three versus three floor hockey or basketball).</p> <p>5.3.1 Participate in health-enhancing physical activity. EXAMPLE(S): Establish personal physical activity goals (e.g., independently practice five times a week for participation in a youth soccer league); log participation of after school physical activities in a student activity portfolio.</p>		
<p>Lesson Overview: This lesson will expose students to specific movements and strategies of kickball</p> <p>Driving Question: What skills or strategies are needed in playing ultimate frisbee?</p>	<p>Lesson Objective(s): In this lesson, students will be able to develop</p> <ul style="list-style-type: none"> • the knowledge and understanding of the sport of kickball • the knowledge of how to score by kicking the ball to transfer to the next base without the opponent catching the ball • gross motor skills and strategies associated with kickball <p>Students will be able to perform</p> <ul style="list-style-type: none"> • Short and long range kicks • Catches <p>Students will increase through time the number of nonlocomotor exercises.</p> <p>Objectives have a criteria of 80% mastery.</p>	
Vocabulary: kickball, catching, bases	Focus Question(s): How will different strategies help with scoring goals.	

Anticipatory Set:

Introduce the sport of kickball by letting students know about the basics rules and procedures of the sport. Kickball will highly focus on running to bases, catching the ball, and kicking the ball properly against the other team.

Procedure:

Outside, the teacher will let the students know that before any rigorous exercise, you would need to **warm up**. Do slow muscles stretches to get your muscles ready to do more work. This could range from one to five minutes.

Upon completion of the drill, have the students **cool down**. Have the students do five to ten minutes of slow walking so that the heart rate slows down. It helps the blood from the legs to return to the heart.

Write the following vocabulary words: Introduce the vocabulary words. Define and let the students know that they will be given a quiz on the terms.

Week 1:

Divide kids into teams of 7. Play kickball. Instead of outs, each kid gets to kick before switching sides

After everyone has a kick, the teacher asks questions:

1. Why do we need to throw low at a runner?
2. Why is blocking not allowed?

Why is sliding not allowed?

Drill 1: Players practice knocking over a cone with a one-handed throw emphasizing low throws

Drill 2: Partners will play Hot Box-Two players will be the throwers while one player tries to go back and forth between them without getting tagged. The throwers cannot block the base. The runner cannot slide.

Formative Assessment:

Teacher-made Test

Evaluation:

Teacher-made Test

Game specific Skills Record

Note taking

Participation

Closure:

A friendly competition amongst the six classes.

Accommodations/ Modifications: Students with certain disability, view as per IEP. Partners, teacher guidance will help ESL students or low performers.

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