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| Teacher: Coach Knight Date: 12/2/2022 |
| Lesson Preparation |
| Lesson Topic: | **Grade Level:** |
| How to Dribble-Hands and Feet | [x] **K** [x] **1** [x] **2** [x] **3** [x] **4** [x] **5** |
| GSE Addressed in Unit: |
| Standards: 5.1,5.2,5.3,5.4 Locomotor and non-locomotor skills Qualities of movement (effort, direction, speed, time) Safety Body awareness Spatial awareness (personal and general space) Combines traveling with manipulative skills in smallsided games  Throwing to a moving partner or target  Impact of regular physical activity on healthStandards: P.E. 4.1,4.2,4.4 Speed, endurance, and pacing  Locomotor movements travel in different directions; using different body parts; traveling in different directions, at different speeds and in different pathways; at low/medium/high levels. Direction and force Offensive and defensive strategies and tactics Activities that contribute to fitnessStandards:P.E. 3.1, 3.2, 3.3, 3.4Supporting Standards: 3.1(p,q)-3.1(f,g,s) 3.49a,b,c) Dribbling with hands at various speed  Combining multiple skills Locomotor skills  Travel at low/medium/high levels  Benefits of appropriate warm-up and cool-down Activity  Balance and weight transfer Incorporating movement concepts with hand DribblingStandards: P.E. 2.1,2.2,2.3,2.4,2.5 Motor skills and knowledge of rules  Locomotor movements using different body parts Locomotor movements traveling in different directions, at different speeds and in different pathways while participating in low organized games Opportunities outside of school to participate regularly in physical activities (e.g., dance practice, jogging, kick, dribble, throw and catch) Different activities that improve strength of the heart and lungsStandards: P.E. 1.1,1.2,1.3,1.4 Follow directions and expectations  Show respect for others Safe use of space and equipment Personal and General space Locomotor/Non-locomotorcombinations Jumping/landing in vertical and horizontal plane Chasing/Fleeing/Dodging Tossing/Catching/Rolling/Throwingvaried size objects Participation and effort Standards:P.E. PK1,PK2,PK3,PK4▪ Perform basic locomotor skills maintaining balance▪ Perform locomotor skills in response to a teacher-led, creative dance▪ Catch a self-tossed object.▪ Drop and catch (single bounce)▪ Demonstrate understanding of general and personal space.▪ Explore a variety of locomotor movements, travelling in different directions.▪ Identify a variety of ways to be physically active at school and home.▪ Perform a variety of locomotor movements using different body parts. |
| Essential Questions: |
| What are the skills you need to dribble between your legs.What skills does it take to kick a soccer ball straight. |
| Major Unit Concepts & Vocabulary |
| Concepts:  Dribbling with hands at various speed Incorporating movement concepts with hand  Working through challenges of learning a new skill  Locomotor skills Different activities that improve strength of the heart and lungsVocabulary: hand and finger movements wrist, fingers, coordination, spacingResource Links: Click or tap here to enter text. |
| Differentiation/Modifications |
| Space: 4 groups will be assessed and 2 of each group will perform the activity ‘Get On Up!” |
| Time: Activity will take 10 minutes |
| Task: To perform dribbling with hands and feet in a sequence of skills and movements |
| Grouping: Count of each student by 1,2,3,4 then group in A,B,C,D |
| Materials/Equipment |
| Student Equipment: Basketball and Soccer Ball  | **Teacher Equipment:**  whistle and different color balls  |

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| Instruction |
| Time: | **Instant Activity** (Active and Engaged Upon Entry) |
| 2-3 min | **Activity:** Knights Krushing Warm-Up |
| **Purpose:** Generate blood flow in all extremities before physical activity  |
| **Description of Instant Activity:** 4 x power walking 11areodic and anaerodic stretches Lesson: Get On Up! |
| Time: | **Hook** (Activity to Capture Interest & Motivate) |
| 5-7 min | **Activity:** Get On Up! |
| **Purpose:** The purpose is to teach the skill of dribbling then add speed and coordination to attempt a basket. |
| **Description of Hook Activity:** Click or tap here to enter text. |
| Time: | **Objectives** (Learning Outcomes) |
| 2-3 min | **WHAT – Are we learning today?** How to dribble a basketball and soccer ball. |
| **WHY – Are we learning it?** To develop hand/eye coordination |
| **HOW – Will I know that if I learned it?** Being able to take 2 steps while dribbling a basketball with your hands and being able to kick a soccer ball with their feet. |
| Time: | **Practice** (Skills Instruction & Practice Drills/Activities) |
| 2 minClick or tap here to enter text. | **Skill #1:** Being able to bounce the ball with one hand.**Key Execution Points & Teaching Explanation:** Being able to follow instructions and perform forward and backward dribbling with the basketball and soccer ball. |
| **Drill(s)/Activity(s):** Walking and Running with the Basketball and Soccer ball* **Shadow Dribbing to perform the movement without a ball.**
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| 2 minClick or tap here to enter text. | **Skill #2:** Able to perform movement and then change direction.**Key Execution Points & Teaching Explanation:** Getting the students to against with speed of activity. |
| **Drill(s)/Activity(s):** Perform walking and running on a line.* **Perform walking and running with a ball on a line**
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| Time: | **Post-Assessment:** Challenge/Activity/Game(s) |
| 10 min | Each student to be able to dribble with a ball (hand and feet) and take 2 steps in motion with ball |
| Time: | **Closure** (Cool-down, Debrief, Equipment): |
| 3-4 min | **Cool-down/Stretching:** walking cool down |
| **Debrief (Key Points):** Ask class what the key points of today’s lesson wereHand and Eye coordination |
| **Tie to Next Class & Reminders:** Click or tap here to enter text. |