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| Teacher: Coach Knight Date: 12/2/2022 | | |
| Lesson Preparation | | |
| Lesson Topic: | | **Grade Level:** |
| How to Dribble-Hands and Feet | | **K 1 2 3 4 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, 3.4  Supporting 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  Dribbling  Standards: 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 lungs  Standards: 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-locomotor  combinations   Jumping/landing in vertical and  horizontal plane   Chasing/Fleeing/Dodging   Tossing/Catching/Rolling/Throwing  varied 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 lungs  Vocabulary: hand and finger movements wrist, fingers, coordination, spacing  Resource 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 min  Click 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.** |
| 2 min  Click 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 were  Hand and Eye coordination |
| **Tie to Next Class & Reminders:** Click or tap here to enter text. |