Lesson Plan

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**Subject: Physical Education Grade: 6**

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| **Guiding Questions** (specific to this lesson): **1.** What are the some of the safe ways of handling hockey stick?  2.How will you demonstrate proper ways of holding/gripping the hockey sticks?  3.How can you show proper pass of the ball without hitting or slapping? | |
| **Outcomes**: (What should students know, understand and be able to do as a result of this lesson?)  **PE6.5**  **Demonstrate a progression towards control in complex movement skills that combine locomotor (traveling) skills, non-locomotor (non-traveling) skills, and manipulative (moving objects) skills as they apply to games and sports (e.g., stick handling to a shot in floor hockey, receiving and sending the double balls in double ball).** | **Indicators** (Assessment Evidence): (What will students do to show what they have learned?) Use I can statement. **I can:** c] Send (strike) consistently using proper form, and a variety of balls [E. g a soft hockey puck] in an open space while varying movement of self [ e. g stationary, moving forward, moving backward, moving side-ways while dodging opponents and objects (following given criteria [e. g type of pass and short]  D] Receive (catch, gather/trap, and deflect) consistently using proper form, a variety of balls and object e. g soft hockey pucks while using varying movement [ e. g stationary, moving forward, moving backward, moving side-ways while dodging opponents and objects  I] Demonstrate and apply understanding of the concept of flow and how to achieve flow in relations to combined movements. |
| **Assessment Strategies**: (formative-*before & during* & summative - *end*)  -Student will run three rounds in the gym and come to the centre circle of the gym.  -Student will demonstrate safety in hockey stick handling.  -student will receive, catch, and trap the hockey ball using the proper format demonstrated  -Student will demonstrate and apply the demonstrated skills. | |
| **Instructional Strategies:** (specific strategies)  **1. Oral questioning 2. Timer 3. Grouping students in two partners for skill practice and four groups when playing.**  **4. Individual accountability. 5. Circulating/scanning the gym**  **6. Emphases on safety.**  **7.Demonstrate each skill before student practice** | |
| **Adaptive Dimension: Differentiated Learning** (what adaptations in content, process, product and learning environment will be provided to meet diverse student needs?)   * **I will partner student into two for skill practice.** * **Some students are expected to do movement differently depending their abilities.** * **I will help individually those struggle the instruction of practice the skills.** * **Dominant hand is considered during practice** | |
| **Materials Needed:**  **- Space to do the movement[gym] -Hockey sticks**  **- Hockey net**  **-Whiffleballs-28**  **-Sport goggle for safety** | |
| **Learning Experiences:  Set (10min)**  **-**I will give clear instruction in the classroom, of how they expected to behave in the hallway.  -They will run three laps in the gym and come sit in the center.  -I will ask some helpers to bring out the materials out and put at the corner.  **Development (**30min**)**  <https://youtu.be/nQTNtV-W1yo> [I will model the skills in this short video for lesson]-I will demonstrate the skills as follows.   * **Safety with the hockey equipment:** Make sure that you always keep the hockey stick on the ground. We don’t run holding the hockey stick holding up high. It can hurt someone. * **Hockey stick Grip:** Hold your dominant hand at the center of the stick, and the other hand at the top of the stick, as you keep the stick on the ground. * **Stick handling:** [**side to side practice**] stand your feet apart, and swing the ball side to side nice and gentle. * **Stick handling front to back:** Start facing forward, but you are going to turn the stick side ways, then push the ball front to back. It is not the same as side ways, you can also do the opposite f you feel comfortable with it. * **Stick handling [partner pass]** * Tap, tap, pass- Practice with a partner back and forth. * You are going to push the ball not hitting/ slapping the ball. * If you push the ball you have more control. * Receive the ball, absorb it with your hockey stick and bring it back gently pushing it.   Now, depending how much time left, student will be divided into four groups, and the gym too will be divided into to two section and they will play a hockey game in two teams.  **Closure (5 min)**  -The game stops when five-minute left, equipment will go back to the store.  -How did you find handling the hockey stick?  -Line up back to class, drink water from the water from the water-fountain.  **-**Remind them again quit voice on the hallway. | |