Eagle Rock Middle School Physical Education

Lesson Plan

Standards Addressed

6-8.PE.4.1.1 Apply safe practices, ethical behavior, and positive forms of social interaction when participating in physical activities (e.g., participate within the rules of an activity, display good sportsmanship, practice self-control). 6-8.PE.4.1.2 Solve problems by analyzing potential consequences when confronted with a behavioral choice

6-8.PE.1.1.3 Demonstrate movement tactics and strategies that can be applied to a variety of physical activities (e.g., wall/net, invasion, field/striking, target, dance, aquatics, outdoor activities, fitness, resistance training).

For full Standards see: ***http://www.sde.idaho.gov/academic/shared/pe/ICS-PE.pdf***

Start of Class	**Lesson Focus:** This week, my students are learning about Cardio-Respiratory Endurance (one of the five Areas of Fitness). Each day they learn how participating in Aerobic Activities will build/strengthen their heart and lung endurance. Today, students will be separated into teams of 4 to 6 players where they will participate in playing a game called Speed Away. This game is similar to Ultimate Frisbee & a previously played game called Duck on a Rock. Students will practice cutting, dodging, and passing to an open target. These skills are important as they use tactics and strategies to help their team be successful in their game play.
*Students dress down for class (5minutes). *Warm-up Activity: **Stretching/Roll Call* (5 min). **Students have assigned exercise groups where they are all have assigned Jobs: (team leader, exercise leader, coach, and equipment leader).*	**Guided Practice:** *After roll call & dynamic warm-ups, students will huddle (students sit in a semi-circle around teacher). *Teacher will share game similarities with the Duck on the Rock game the previously played game and this game. Students are given a brief introduction to cutting and how to pass to an open target. In partner groups, students will take two minutes to practice the cutting and moving activity. *Students return to huddle and listen to game demo. *Ask three students to share a positive interaction they can demonstrate during game play. Let students know you will be looking for positive ways to interact during their game play. *Teacher will then select "8" students to demo game. *Each team will play three 7 minute games & they will take a water break when needed. *Rotate students to a new court before getting a DRINK. Have students return to their new court/game once they get a drink. before they *Five minutes before the dress bell, stop the games and have the students come to a huddle to end class. See below:

**Team leaders help with role & exercise leaders help lead warm-ups. 5 minutes*	**Class Closure (5 minutes)**- at the end of the class, I will bring students to a huddle to review the day's goals. Allow students to share with their elbow partner a way they demonstrated a positive social skill during game play. Also, ask one to two groups to demo a game tactic or show their screaming target cutting activity with the class. ***Equipment:*** Colored jerseys for each team, cones, poly spots & hula hoops for goals & three Gator balls .

Speed Away Rules

***Game is like Ultimate Frisbee, but played with a Gator Ball.**

Teams of 4 to 6 players. Everyone guards person to person defense. Please have students find a partner & you should make teams. *Place a mixture of student abilities on different teams. You can make teams & give each team a jersey color. ☺

Goal of game- pass the ball at least 3 times down the court and throw the ball into the goal (goal can be a hula-hoop standing goal, a soccer goal, or players can score like the Ultimate game where they throw ball to a player who catches ball behind end-line).

Defenders must play one arm length away and cannot steal ball out of a player's hand. Also, players can steal ball in the air. If the ball drops on the ground for any reason, it's the defenses ball and the offense team turns quickly to play defense. Remind the students to pivot and pass backwards if they have trouble finding someone open. Also, students should always pass to a partner who cuts and shows a target hand.