

My proposal entails a class of 8th graders teaching a lesson to a 4th grade class using a PowerPoint tool from web 2.0 called SlideRocket. This project will be done by a group of students that will have the ability to use video cameras and the proper PE equipment to teach a part of the lesson to a group of 4th graders in the district. Their video will be made into a [Slide Rocket](#) presentation and then watched by the 4th grade class. In the end I would like my students to be able to teach the 4th graders live using Skype. This hopefully will become a partnership we can create through this use of technology.

Goal: to ensure that students are exploring Physical Education ideas outside of class. This will allow students to attempt an activity they enjoy instead of one our curriculum asks them to perform. See the prezi [presentation](#).

Objectives: TSWBAT create their own lesson to teach younger students.

TSWBAT teach younger students a lesson from our curriculum.

TSWBAT feel as if they taught something they created.

NASPE Standards (OPS Standards): I believe this lesson incorporates all 6 standards! Here is the [Matball Rubric](#).

Standard 1:

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2:

Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3:

Participates regularly in physical activity.

Standard 4:

Achieves and maintains a health-enhancing level of physical fitness.

Standard 5:

Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6:

Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Equipment:

1 gator skin ball

3 large fold out mats

2 cones

Part 1:**Warm-up Activity:** [Healthy E-Sheet](#)

The students will come into class and begin jogging for 2 minutes around the volleyball court. When the whistle blows they will line up in their attendance spots. When attendance is taken they will then begin their four dynamic stretches. Toe Walks, Heel Walks, Knee Hugs and Lunge with a twist. When the students are done performing this as a group they will then head to the middle of the basketball court and wait for instructions.

Activity (Mat ball): Mat ball [Hotlist](#)

The game has four large mats that are their bases, just like a baseball diamond. The distance between the mats should be equal but not necessary. This just depends on your gym size. You need one gator skin ball. The ball needs to be at least the size of a Volleyball. Anything smaller takes away from the game. Some students with large hands can palm the ball when they throw it others have to use both hands. Teams are evenly divided up. Players on defense, play anywhere. A pitcher rolls the ball on the floor to the kicker. The kicker kicks it hard and in the field of play. Outs are made by tagging out students who are running from base to base. It does not count if the ball is caught. Once a kicker becomes a base runner, the only way they get out is to be hit from the shoulders down with the ball. This can either be by a toss or throw. However, if a player is hit above the shoulders are in a private area of the body, they are automatically safe and their team is given 10 automatic runs. Once a player leaves a mat, they can't retrace their steps. They must continue on to the next base. So if you over run a base, keep going. While the ball is in the pitchers hand, nobody can run. The base runner keeps running until they are out or decide to quit. So it would be possible for a base runner to keep rounding the bases countless times until they are out or the inning is over. Base runners are allowed to dodge balls that are being thrown at them. (aka Dodge ball). Runs are scored by rounding third base and making it safely to first base. If all the kickers get on base and there are no kickers to kick on deck, the nearest base runner to home vacates his base to become a new kicker. The kickers are picked by the instructor. 2 kickers are picked at a time and the rest of their team are on bases ready to run. Base runners keep running and running, unless they decide to stop, or catch their breath. It is not unusual to see scores of 120 to 93 or 87-56. The instructor will be the score keeper. The great thing about this game is that it is a controlled period of running. Students run countless laps without knowing it. It provides great cardio-vascular work for the students involved. It also requires the use of hand eye coordination, catching and throwing skills, and quick reaction and decision making. You can play 6 outs if you have a very large class or 2 outs with a very small class. You adjust the game to your conditions.

Part 2: Have the students take a look at these quizzes and review ideas on [Quizlet 1](#) and [Quizlet](#). They can also visit these [Symbaloo Links](#) for other ideas for Fitness.

Part 3: My selected 8th grade students will create a part of this lesson or the whole lesson to teach to a 4th grade class via Slide Rocket Presentation and Skype. They will video tape their instruction to use to teach the 4th graders. If this is successful then they will skype with the 4th grade students to teach them the game of Mat ball and also use the Slide Rocket at the very end of the process. The 4th graders will take this [4th grade questionnaire](#) when the 8th graders have finished their lesson with them.

