

Teacher: Mr. Waltermire

Lesson Dates: November 19-26

Grade Level: 3-5

Time Allocated: 40 minutes

Unit: Fitness

Lesson Focus: Rock Wall, Life-Long Fitness, and Floor Hockey Activities

Standards:

3rd: 10.4.3.A, 10.5.3.A, 10.5.3.B,

4th-5th: 10.5.6.B, 10.5.6.D, 10.5.6.E

Objectives:

1-P: The learner will master 6 of the 8 stations during the lesson.

2-A: The learner will work cooperatively with their small group during the lesson.

Teaching Content	Equipment	Picture	Evaluation
<u>Before Class</u> -The teacher will have all the equipment out before students arrive at the gym. -The teacher will wait for the students by the door. -When, students enter the gym, the teacher will have students go to a fitness station	<u>Whole Class</u> -Music -Cones with Station Labels -Dumb Bells -Weighted Bars -Gym Mats -Golf Equipment -Short Jump Ropes -Long Jump Ropes -Poly Spots -Bowling Pins -Bowling Balls - Corn Hole Boards -Bean Bags -Giant Connect 4 Equipment -Hockey Sticks -Mini Gator Balls -Goals		

<u>Lesson Introduction</u> Time Expected: 3 minutes -The teacher will check shoes to make sure all students are wearing sneakers for the day. -The teacher will explain the games the class will be playing for the day. The activities include: ● Rock Wall, Lifelong Fitness, and Floor Hockey Activities			
<u>Lesson Focus: Rock Wall and Other Life-Long Stations</u> Time Expected: 35 minutes -The teacher will explain for today's lesson, the students will complete different stations. The teacher will explain today's stations are based around Life-Long Fitness Activities or Activities you can do the rest of your life. -Stations are as followed: 1. Rock Wall 2. Weight Lifting 3. Golf 4. Jump Rope (Long or Short) 5. Bowling 6. Lawn Games (Corn Hole or Giant Connect 4) or Gymnastics 7. Non-Weight Exercises 8. Hockey Dribbling 9. Hockey Passing 10. Hockey Shooting	--Music -Cones with Station Labels -Dumb Bells -Weighted Bars -Gym Mats -Golf Equipment -Short Jump Ropes -Long Jump Ropes -Poly Spots -Bowling Pins -Bowling Balls - Corn Hole Boards -Bean Bags -Giant Connect 4 Equipment -Hockey Sticks -Mini Gator Balls -Goals		1-P: The teacher will observe the students at each station. If the teacher sees a student struggling at a station, the teacher will work with that student in order for them to be successful at each of the stations. 2-A: The teacher will observe the students at each station with their group. If the teacher sees a student not working correctly, the teacher will first give that student a warning and talk with that student. If that student continues to not follow the rules, that student will sit off for 2 stations.

Rules for each station are as followed:

Rockwall

- Students will stand in a single file line behind the cone on the far side of the rock wall
- The mats for the rock wall will be on the ground
- 1 student will start and attempt to get from one side of the rock wall to the other
- Once the 1st student gets passed the blue line on the mat, the next student can start
- If a student completes the rock wall or falls off, their turn is over
- Once your turn is over, you will get off the mat and go to the end of the line
- Once a student gets across the blue line on the mat, the next student can start
- If a student is unable to do the rock wall, that student can do to the cup stacking station instead and stay there for 2 rounds.

Weights

- Students will use dumbbells at this station or weighted bars. If students use the dumbbells, they need 2 of the same weight (1 for each hand) If students use the weighted bar, they can only use 1 and have it in both hands
- Students will be able to do either arm or leg workouts (See Previous Lesson) (Pictures of the workouts will also be present at this station)
- When it is time to rotate, students will place weights back in buckets and wait to rotate or place the bars back on the rack

Golf

- Each student will have a golf club, ball, and cone/ tee
- Students will attempt to drive their ball at the wall
- Once a student drives their ball, they will go get their ball and try again.
- Any students not following the rules, will sit off for the rest of the station

Jump Rope (Long and Short)

● Short Jump Rope Rules ○ 1 jump rope per person ○ Students can either jump rope forward, backward, or jump and attempt a trick ○ When it is time to rotate, place the jump ropes back on the rack. ● Long Jump Rope Rules ○ 2 students will hold the ends and spin the jump rope ○ 1 student will be in the middle and try to jump over the rope as many times as possible ○ Students will rotate turns turning and jumping over the rope Bowling ● The teacher will have 2 lanes set up, so the group will split in half ● The first person will be the bowler, they will stand behind the cone and roll (bowl) the ball down toward the pins ● The last person in the line is the ball returner, their job is to return the ball to the bowler between the first and second roll. They will roll the ball back to the			
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bowler and move any pins out of the way that are on the ground. • After the second roll or a strike, the bowler will set the pins back up in a triangle and then return into the ball returner. • The ball returner will take the ball back to the line and give it to the next person in line. If you are in a group of 2, the ball returner will become the bowler. • When it is time to rotate, the ball will go next to the cone, and have the pins set up and stand behind the bowling cone and wait to rotate. Corn Hole/ Giant Connect 4/ Gymnastics • Rules for Cornhole ○ Each cornhole team shall have 4 bags of one color. ○ All 8 cornhole bags begin at one end. ○ One of team will start by throwing their first beanbag. Then the other player will go. ○ Game continues by alternating throws between the two opponent players until all 8 cornhole			
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bags have been thrown. ○ If a cornhole bag hits the ground then bounces up onto the board, that bag shall be taken off the playing surface. ○ The next round starts when the other cornhole player on the team, which has honors, throws their first cornhole bag. ○ The cornhole game continues until one team reaches 21 or more points ○ 3 points for a cornhole bag that goes through the hole. ○ 1 point for a cornhole bag that is on the playing surface. ○ 0 points for a cornhole bag that is on the playing surface, but also touching the ground. ● Giant Connect 4 Rules ○ In a group of 4 it will be 2 v2. In a group of 2 it will 1 v 1 ○ One team will go first (Yellow Team)			
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○ They will place their puck in the giant connect 4. ○ After the yellow team goes, then the orange team will go. ○ To win, a team must have 4 in a row (up and down, side-to-side, or diagonal) ○ At the end of the time for the station, students will empty the connect 4 grid and place the pucks off to the side of the game board. ● Rules for Gymnastics ○ 1 student will go down the mat at a time ○ They can do rolls, cartwheels, flips, etc. ○ Students must do the activity safely ○ If the teacher sees a student doing a stunt unsafely, the teacher will ask them to not do that one again ○ Once the student gets to the end of the mat, they will get off and walk back to the line and go to the end of the line			
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Non-Weight Exercises

- At this station students have an option to do different exercises. These include:
- Push-Ups
- Sit-Ups
- Mountain Climbers
- Planks
- Wall Sits
- Etc.
- See Previous Lessons for cues for each exercise

Floor Hockey Dribbling

Cues for Dribbling a Hockey Ball:

- GRIP: Hands apart with your least favorite hand (the one you don't write with) holding the top of hockey stick. Your favorite hand grips the hockey stick about a foot below that hand.
- Use "soft taps" when striking the puck or ball. This will keep it close to you.
- Bend knees.
- Use both sides of the stick to control the ball/puck.

Cues for the station:

● Break your group into 2 lines ● Each line will have pool noodles on cones and a starting cone ● First person in the line with dribble and weave through the pool noodles down and back in the line. ● Once back, the next student in line will go. ● At the end of the time for the station, the students will place the foam ball back in the hula hoop and wait behind a cone, to rotate to the next station. Hockey Passing ● The students will get with a partner (or make a triangle, if there is a group of 3) and pass the puck back and forth between them. The cues for passing a hockey puck are as followed: ○ Body perpendicular to target and displays opposition during the passing/shooting motion (sideways, step, contact, follow through) ○ Ball / puck is struck with control and accuracy (i.e. hitting a partner's			
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stick blade, not partner's feet) ○ Push pass and the wrist shot most of the time ● When it is time to rotate, place the foam balls back in the hula hoop Hockey Shooting ● This station will have 2 nets out ● The group will break into two groups and shot at the net ● After the student shoots the puck, they will go and retrieve their puck and then go to the end of their line ● If students want, they can add a goalie as well. ● Proper Technique for shooting includes: a. GRIP: Hands apart with your least favorite hand (the one you don't write with) holding the top of the hockey stick. Your favorite hand grips the stick about a foot below that hand. b. Turn your side to the target (i.e., if right-handed turn			
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left side/shoulder to target). c. Stick should go no higher than waist level on backswing and follow through. d. Follow through with a stick pointed at the target. ● When it is time to rotate, place the foam balls back in the hula hoop -After going over the all the stations, the teacher will check for understanding. -The teacher will ask the students if they have any questions and answer any questions the students may have. -The teacher will then break the class into groups of 2s and 4s. If there is an odd number, there will be a group of 3. -After each student is in a group, the teacher will have the students start their first station. -The teacher will observe to make sure students are doing each station correctly. -The teacher will help students that are struggling. -The teacher will provide feedback to all students. -The teacher will rotate each group every 2-3 minutes (depending on how long it took to explain each station)			
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-At the end of the class time, the students will help clean up or set up the stations and line up for the end of class.			
<u>Closure</u> Time Expected: 2 minutes -The teacher will have a discussion with the class about the class period. -The teacher will have students say what the class did well together and what they can work on, -Classroom Teacher will pick the class up.			

-Accommodations/ Modifications/ 504/ IEPs/ Asthma papers are placed in a folder on my desk.