






Lesson Planner

Date: Nov 29, 2017 (Revised Mar 10,2017)

Lesson: Basketball

Grade: 9 Class:

Period 1

⊖ Movement	⊖ Fitness Management	⊖ Safety	⊖ Personal and Social Management	⊖ Healthy Lifestyle Practices
				
<u>K.1.S1.C.1</u>	<u>K.2.S1.C.1a</u>	<u>K.3.S1.B.5b</u>	<u>K.4.S1.B.2b</u>	
	<u>K.2.S1.C.3</u>	<u>S.3.S1.A.1</u>		

Underlined text is new literacy focused ideas

Entry Routine – Time: Prior to start of class

- Students sign up with their initials on a clip board
- Check the white board for the daily lesson, Physical Education specific announcements, and an activity to start playing until the class starts
- Review the success criteria and learning intentions of that unit located on the white board
- Walk past the word wall/ infographics space in the gymnasium to look over new terminology

Activating Activity (Entry Activity) - Warm-up - Time: 10 min

- **Learning/Teach Strategies**
 - Dynamic Warm Up -Run forwards, backwards, jump jack shuffles, skipping forwards, backwards, sideways, A, B, C's, forward/side lunge jump stops
 - Students speak the names of the warm up exercises they are performing
 - Share what muscles each stretch is activating
- **Teach Notes**
 - - No Equipment, line up on the baseline, Arm width apart, Producing the movements that will be seen in a basketball game
 - Review which stretch activated with muscles, have students repeat the words back

Acquiring Activity - Time: 20 min

- **Learning/Teach Strategies**
 - Teach the lines on the court
 - Have students walk on the lines and speak the name out loud
 - Triple Threat – hip to hip, shoulder to shoulder, hip to shoulder
 - Partner keep away, No pivoting
 - Partner passing – R/L chest, bounce, behind back, no look
 - Reference pass names on word wall
 - Passing star name game – Call individuals name when passing

Basic Lesson Plans Athletics

Jim Hall



Basic Lesson Plans Athletics

Junior Athletics for Playground and Field Jim Hall,2008 This is an essential guide to organising athletics activities at junior school level Detailed lesson plans are given for Years 3 6 which can be used as they are or adapted by the teacher for their own particular needs All material is compliant to National Curriculum requirements

Junior Athletics for Playground and Field Jim Hall,2008 This is an essential guide to organising athletics activities at junior school level Detailed lesson plans are given for years 3 6 which can be used as they are or adapted by the teacher for their own particular needs All material is compliant to National Curriculum requirements Leapfrogs is a successful series of teaching resources that help the non specialist infant and junior teacher to implement the PE curriculum Each title contains invaluable information on necessary subject knowledge teaching strategies cross curricular links and assessment

Lesson Plans ,2002

Teaching Sport Concepts and Skills Stephen A. Mitchell,Judith L. Oslin,Linda L. Griffin,2013 This third edition now covers all school age groups from primary to secondary It shows teachers how to make the switch from using a traditional games teaching approach to a tactical one using detailed unit and lesson plans a DVD ROM with video clips reproducible elements and a standards linked performance assessment system

Junior Athletics for Playground and Field Jim Hall,2001 This guide to organising athletics activities at junior school level includes detailed lesson plans for years 3 6 They can either be used as they are or adapted by the teacher for their own particular needs

Quality Lesson Plans for Secondary Physical Education Dorothy Zakrajsek,Lois Carnes,Frank E. Pettigrew,2003 Lesson plans for physical education including climbing walls lacross in line skating Includes 2 Copies of CD in Carousel 17 and 21

Teaching Sport Concepts and Skills Stephen Mitchell,Stephen A. Mitchell,Judith Oslin,Linda L. Griffin,2020-10 This edition of Teaching Sport Concepts and Skills A Tactical Games Approach adds four new chapters and has over 350 lesson plans to help teachers from elementary through secondary school learn the tactics and skills of various sports Video clips delivered on HKPropel show some lessons in action

Physical Education Daryl Siedentop,Charles L. Mand,Andrew Taggart,1986

Lesson Planning for Middle School Physical Education Robert J. Doan,Lynn Couturier MacDonald,Stevie Chepko,2017-03-03 As a physical education teacher you are ideally positioned to help students become physically literate individuals that is to gain the knowledge skills and confidence they need to enjoy a lifetime of healthful physical activity And Lesson Planning for Middle School Physical Education will empower you to do just that Through this text you can develop and implement lesson plans that will help your students attain the outcomes detailed in SHAPE America s National Standards provide progressive practice tasks and integrate appropriate physical education assessments to evaluate and monitor student progress make the best use of technology in your physical education classes include handout materials homework tasks lists of needed materials and equipment questions for student understanding and reflection questions to ask yourself and offer guidance on best instructional practices for involving and engaging all students The plans offer instructional strategies and pointers on issues such as teaching for transfer using grid and small games differentiating instruction for varying ability levels and integrating conceptual material You can use the lessons as they are or modify them to meet your needs Ultimately these lessons provide a structure for developing your own learning activities and curriculum Lesson Planning for Middle School Physical Education is organized into two parts Part I addresses important factors in planning for student success including an introductory chapter that helps you consider the issues that influence student learning and understand the instructional environment and the scope and sequence for K 12 physical education The other two chapters in this part guide you in planning lessons and modules based on outcomes and on meeting the National Standards and Grade Level Outcomes You also learn about the developmental characteristics of middle school students Part II supplies lesson plans arranged in modules of eight lessons each that are based on the Grade Level Outcomes offering you a step by step guide for building students skills and knowledge in these areas Dance and rhythms Invasion games Net and wall games Fielding and striking and target games Outdoor pursuits Individual performance activities Physical activity participation outside of school Personal fitness and fitness program design In addition the book comes with a web resource that includes all of the lesson plans in PDF format for easy printing and for easy access from a tablet or computer Lesson Planning for Middle School Physical Education is brought to you by SHAPE America which created the National Standards and Grade Level Outcomes for K 12 Physical Education and is the only national professional organization for health and physical educators Among the book s editors are two of the principal writers of SHAPE America s National Standards Grade Level Outcomes for K 12 Physical Education Lesson Planning for Middle School Physical Education brings those standards and outcomes into your classroom as concrete lesson objectives and planning tools

Principles of Safety in Physical Education and Sport National Association for Sport and Physical Education,2002

AskERIC Lesson Plans: Physical Education: Team Sports , Features lesson plans on physical education and team sports provided by the Educational Resources Information Center ERIC of the National Library of Education Includes lesson plans on basketball fantasy football and free ball

Sports Kids Love Gr. 1 Natalie Regier,2001-01-01 What a great way to motivate emerging readers and writers especially boys Students will rise to the challenge with these exciting lesson topics Hockey Baseball Golf Soccer Volleyball Swimming Gymnastics Lacrosse and Running Lessons are specifically designed for emerging readers and writers with a teacher friendly format focusing on building children s sight word vocabulary and introducing them to writing in complete but simple sentences Activities include group and individual word cards spelling lists match game and evaluation This Sports unit provides a teacher and student section with a variety of lessons activities unit test and evaluation to create a well rounded lesson plan

Lesson Planning for Elementary Physical Education Shirley Holt/Hale, Tina J. Hall, 2016-02-29 Elementary school physical educators looking for expert guidance in designing lessons that are aligned with SHAPE America's National Standards and Grade Level Outcomes need look no further Lesson Planning for Elementary Physical Education works in tandem with SHAPE America's National Standards Grade Level Outcomes for K-12 Physical Education and The Essentials of Teaching Physical Education to provide the knowledge base and practical strategies for creating high quality elementary physical education curricula Key Benefits Written by master teachers and edited by the team who oversaw the creation of the National Standards and Grade Level Outcomes Lesson Planning for Elementary Physical Education is endorsed by SHAPE America The text has the following features 65 lessons that foster the achievement of physical literacy for children in grades K-5 Numerous learning experiences that engage students in the psychomotor cognitive and affective domains Curriculum design based on student growth Sequential lessons leading to mature patterns of motor performance An introductory chapter on the key points for the grade span putting the lessons in context and providing a road map for planning curriculum units and lessons Instruction on creating high quality lessons that reach the desired objectives Flexible Lessons Teachers can use the lessons as presented or modify them to meet local needs The lessons provide a structure for teachers to follow in developing their own learning experiences and curricula For PE majors and minors the lessons provide the ideal starting point in learning how to plan and deliver effective lessons to become proficient teachers not just managers of activity In addition all lessons and learning experiences reflect best practices in instruction and include scripted cues The text shows readers how to effectively develop their own lessons and teachers can use those lessons to show their administrators that their program is designed to meet the specific outcomes developed by SHAPE America Web Resource Lesson Planning for Elementary Physical Education is supported by a web resource that contains digital versions of all the lesson plans in the book Teachers can access the lesson plans through a mobile device and they can download the plans to use later or to print Overview of Contents Part I of the text offers readers a solid foundation in lesson planning The authors explore the elements of planning lessons for student learning show how to meet the National Standards and Grade Level Outcomes and guide readers in making the most of every lesson In part II readers have access to K-5 lesson plans in health related fitness movement concepts locomotor skills nonlocomotor skills and manipulative skills for elementary physical education Lesson Structure Each lesson corresponds to a category of the outcomes In addition the lessons provide deliberate progressive practice tasks and integrate appropriate assessments for evaluating and monitoring student progress and growth Great for Current and Future Elementary Teachers Lesson Planning for Elementary Physical Education offers teachers the tools and resources they need in order to guide students toward physical literacy and physically active lifestyles throughout their adult lives And it does so by aligning with SHAPE America's National Standards and Grade Level Outcomes As such this is a great resource for both current and future elementary physical education and classroom teachers

Take-Twos Sports Wright Group/McGraw-Hill, 2002-07

The Coach's Guide to Real Winning John L. Shannon, 2014-04-01 Forty million children scramble across the playing fields of America each year They are coached by 4 million youth coaches Coaches are in a unique position to teach kids lessons that will serve them throughout life This book encourages coaches to see themselves as teachers and realize the impact they have on children Also addressed is the increasing number of coaches exhibiting unhealthy levels of intensity in youth sports

Elementary Math Workouts: Sports and Games Tony G. Williams, 2012-09-01 A helpful tool for today's elementary school mathematics teachers this sports themed packet helps students explore think critically analyze and have fun with math Make math exciting and give your students the practice that they need with these engaging skill building activities

The Other Classroom Michael J. Coffino,2018-09-04 This book details the importance of high school athletics to the student athletes beyond just the sports experience itself It argues that the lessons learned tools acquired and values instilled have an enduring impact and prepare young athletes for the challenges they will face in life after their formal education is complete

Sports and Food Lesson Plans Learning Zone Express (Firm),2006-01-01

Athletics Basic Coaching Manual Book Ram Krishan Saran,2020-08-11 This book contains basic athletics coaching Skills and Training Methods Includes Sprinting Hurdles and Relays

Lesson Plans Carol Casten,2009 These lesson plans were designed to complement the textbook Dynamic Physical Education for Secondary School Students Sixth Edition by Paul W Darst and Robert F Pangrazi They will help you to plan well ordered varied physical education lessons for students from seventh grade through high school This comprehensive guide provides everything you will need to prepare for a successful lesson including lists of required equipment instructional activities teaching hints task sheets and quizzes from back cover

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