

## HCS Secondary Lesson Plan Template

Teacher: \_\_\_\_\_ Content: Beginning Kinesiology Period: \_\_\_\_\_ Date: \_\_\_\_\_

Content Standard: BK-1.1		
Language Objective(s): Students will be able to demonstrate a legal backhand throw with correct grip, stance, and follow-through and perform a secure "Crocodile" catch in partner throwing drills and mini-games, maintaining safe play and communication.		
Essential Question: How do proper throwing and catching techniques affect my success and safety during team play?		
Learning Target/ "I can" Statements: Demonstrate a proper backhand grip, stance, wrist snap, and follow-through to produce a controlled throw with consistent accuracy. Perform a secure two-hand "Crocodile" catch, keeping my eyes on the disc and pulling it into my chest to maintain possession. Apply safe play practices (call "Mine," avoid running with the disc in designated activities, use soft throws) during partner drills and mini-games.		
Strategic Teaching (i.e. <a href="https://www.alsde.edu/sec/ari/Pages/strategicteaching-all.aspx">https://www.alsde.edu/sec/ari/Pages/strategicteaching-all.aspx</a> and <a href="http://www.adlit.org/">http://www.adlit.org/</a> )		
<p>Before (Strategy): Students will learn the basics of the backhand throw and how to catch using the "Crocodile" method. After reviewing the basics, students will pair up and throw to each other.</p> <ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=CuyH79bOTNA">https://www.youtube.com/watch?v=CuyH79bOTNA</a></li> <li>• <a href="https://www.youtube.com/watch?v=8wNuFUmrRfw">https://www.youtube.com/watch?v=8wNuFUmrRfw</a></li> </ul>	<p>During (Strategy): Disc Tag: Set up a box with cones and have the pinnies ready. Two students start with pinny jerseys on as the taggers. They can not run with the disc and have to throw the frisbee between them to get close and tag other students with the disc. When a student is tagged, they put on a penny and join the tagging team.</p> <ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=anzh9pI1syA&amp;list=PLLfgCa5kQoM4Ze0Ugts_14wkideIUttZA&amp;index=27">https://www.youtube.com/watch?v=anzh9pI1syA&amp;list=PLLfgCa5kQoM4Ze0Ugts_14wkideIUttZA&amp;index=27</a></li> </ul>	<p>After (Strategy): Pizza Party: Each student carries a frisbee with one hand like a pizza (or tray). Using the box from earlier, students try to balance the frisbee on one hand while trying to knock down other frisbees. Students will still try to knock frisbees off when they are out.</p> <ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=hjSIdiYGDg&amp;list=PLLfgCa5kQoM4Ze0Ugts_14wkideIUttZA&amp;index=49">https://www.youtube.com/watch?v=hjSIdiYGDg&amp;list=PLLfgCa5kQoM4Ze0Ugts_14wkideIUttZA&amp;index=49</a></li> </ul>
Scaffolding/Differentiated Instruction: Cones will be set up at different distances, and students will move farther away from their partner after completing 5 throws in a row. Students will warm up before the Pizza Party exercise by first walking, and then jogging, before getting into the game.		

Formative/Summative Assessment: For each student, record scores 1–4 for: Backhand Throw Mechanics, Crocodile Catch Security, Safe Play & Communication, Game Application. Calculate average score; Proficient = average  $\geq 3$ .