

# Physical Education Lesson Plan

Grade Level:	Unit:	Lesson Focus:
2nd Grade	Ball Skills	Dribbling With A Hand

## ESSENTIAL QUESTION:

What are the key elements to dribbling a ball?

1. Finger pads
2. Head looking up
3. Dribble ball waist level
4. Push ball towards the floor (don't slap)

## INTENDED STUDENT PERFORMANCE OBJECTIVES:

<b>Psychomotor:</b>	The student will be able to...dribble in their own space with good form
<b>Cognitive:</b>	The student will be able to...tell the teacher what part of the hand you dribble a ball with
<b>Affective:</b>	The student will be able to...cooperate with others to "peel" student's bananas to get them free in the Banana Bunch game

## INTENDED TEACHER PERFORMANCE OBJECTIVES:

<b>During The Lesson The Teacher Will...:</b>	<p>...attempt to use each student's name at least once.</p> <p>...attempt to give each student specific feedback pertaining to skill development and improvement.</p> <p>...move around the gym so that all students can be observed.</p>
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EQUIPMENT NEEDED:	AMOUNT NEEDED:	EQUIPMENT NEEDED:	AMOUNT NEEDED:
Beanbags	1 for every 2 students	Foam bananas	2 or 3
Playground balls	1 for every student	Cones	4
Pinnies	2 or 3		

## REFERENCES:

Instantly Active poster of "Banana Bunch" game.  
P.E. Central - "Red Light, Green Light, 3-2-1" game.

ASSESSMENT:					
	Skills Checklist		Log Entry		Written Assessment
	Self Assessment		Journal Entry		Performance Task
	Peer Assessment		Project	✓	Visual Observation

## National Standards & Grade Level Outcomes Addressed

Standard ↔ Parts Of Lesson ↓	<i>Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</i>	<i>Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</i>	<i>Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</i>	<i>Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.</i>	<i>Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</i>
<b>Warmup/ Instant Activity</b>	Skips using a mature pattern. (S1.E1.2)  Runs with a mature pattern. (S1.E2.2a)	Varies time and force with gradual increases and decreases. (S2.E3.2)	Actively participates in physical education class. (S3.E2.K)	Follows directions in group settings (e.g., safe behaviors, following rules, taking turns). (S4.E1.K)...To (S4.E6.K)	
<b>Fitness/ Movement Awareness</b>			Actively participates in physical education class. (S3.E2.K)	Follows directions in group settings (e.g., safe behaviors, following rules, taking turns). (S4.E1.K)...To (S4.E6.K)	
<b>Lesson Focus</b>	Dribbles in self-space with preferred hand demonstrating a mature pattern. (S1.E17.2a)  Dribbles using the dominant hand while walking in general space. (S1.E17.2b)		Actively participates in physical education class. (S3.E2.K)	Follows directions in group settings (e.g., safe behaviors, following rules, taking turns). (S4.E1.K)...To (S4.E6.K)	

## SET INDUCTION / ANTICIPATORY SET

Today we are going to practice more of our dribbling skills. Later, after our warmup and fitness activities, we will play a game called "Red Light, Green Light, 3-2-1" where you get to try and score points. First, we will warmup by playing a game called "Banana Bunch". Here are the rules of the game:

## WARMUP / INSTANT ACTIVITY

Time Needed:	Description Of Activity:	Diagram Of Activity:
10 Minutes	<p><b>BANANA BUNCH GAME:</b></p> <ol style="list-style-type: none"> <li>1. Two students are selected as taggers (The Monkeys)</li> <li>2. If you get tagged, put both arms up and make yourself in the shape of a banana.</li> <li>3. To get free, two students must "peel" you (One on each arm)</li> <li>4. All students must use a locomotor skill other than running to move.</li> </ol>	

## MOVEMENT AWARENESS / FITNESS ACTIVITY

Time Needed:	Description Of Activity:	Diagram Of Activity:
5 Minutes	<p><b>HIGH FIVE BEANBAG GRAB:</b></p> <ol style="list-style-type: none"> <li>1. All students have a partner</li> <li>2. Place beanbag in between partners and get into a push-up position while the song is being played</li> <li>3. When the song goes off, try to grab the beanbag first</li> </ol>	

## SKILL DEVELOPMENT / LEAD UP GAME:

Time Needed:	Description Of Activity:	Diagram Of Activity:
10 Minutes	<ol style="list-style-type: none"> <li>1. Students get a ball and practice dribbling for a few minutes moving in and out of each other.</li> <li>2. Students should dribble with:</li> <li>3. Finger pads</li> <li>4. Head looking up</li> <li>5. Dribble ball waist level</li> <li>6. Push ball towards the floor (don't slap)</li> </ol>	
15 Minutes	<ol style="list-style-type: none"> <li>1. RED LIGHT, GREEN LIGHT, 3-2-1. Students try to dribble ball from one side of the gym to the other. Each time they cross the gym they get 1 point.</li> <li>2. Students can dribble when they hear "Green Light" but must stop when they hear "Red Light".</li> <li>3. If the student is not holding the ball against their belly by the count of 3-2-1, then they lose 1 point.</li> </ol>	

## CLOSE OF CLASS / COOL DOWN

Time Needed:	Description Of Activity:	Essential Question:
5 Minutes	Students seated in their colored lines	<p>What are the key elements to dribbling a ball?</p> <ol style="list-style-type: none"> <li>1. Finger pads</li> <li>2. Head looking up</li> <li>3. Dribble ball waist level</li> <li>4. Push ball towards the floor (don't slap)</li> </ol>