

Jeff Oehlman
Course: 602 (J. Diamond)

Grade Level: Upper Elementary (4-6th grade), Severe/Profound

of Students: 6

Environmental considerations: Indoors. Bathrooms and water fountains are easily accessible.

Topic/Unit: Throwing/Catching. Object Control.

Modification(s): Have an assistant stand behind the students who are having trouble catching; putting their hands over the student's hands for hand over hand prompting.

National Standards and Corresponding Objectives:

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

By the end of the lesson, the student will be able to:

- Catch and throw (overhead both hands) a playground ball in a specific direction.

Lesson Description/Overview:

The goal of this lesson is to introduce object control through the activity of catching and throwing a playground ball. With this knowledge of catching/throwing, they will be able to generalize the skill, therefore allowing them to participate and experience enjoyment in various sports involving catching/throwing (ie. basketball, dodgeball).

Lesson Set-up & Equipment:

- 6 poly spots
- 2 cones
- 3 8.5" playground balls

Time 5 min (prepare)	Warm-Up: Stretch; touch your head, shoulders, knees, toes; arm circles; swimmers; trunk twist; jump in place 10x; jump forward and backwards 10x; jump side-to-side 10x;
-------------------------------------	---

Time 5 min (demo)	Learning Experiences/Activity: <ol style="list-style-type: none"> Students will bounce and catch the ball by themselves while <u>sitting</u> in their chair. Students will bounce and catch the ball by themselves while <u>standing</u> in place. (Demonstrate to students) Students will bounce ball to themselves <u>while walking</u> forward/dribbling. Dribble to cone and back. (Demonstrate to students)
--	--

Time 18 min (activity)	Learning Experiences/Activity: <ol style="list-style-type: none"> Students (2 at a time) will get <u>3 chances</u> to catch and throw 8.5" playground ball to the teacher. <u>Move back a step</u> each time they complete 3 catches. <u>Throw at target</u> on wall (3 pts, 2 pts, 1 pt) or basket on ground. <p><u>CATCH/TRAP:</u> While seated on a traditional classroom chair, student will catch/trap (with hands and chest) a bounced 8.5" playground ball (landing on their lap) from a distance of 3 feet. After 5 successful catches move back 12 inches.</p> <p>***Have an assistant stand behind the students who are having trouble catching; putting their hands over the student's hands for hand over hand prompting.***</p> <p><u>THROWING:</u> With hands on both sides of the 8.5" playground ball, have students raise the ball with their hands above their heads and throw/push forward.</p> <p>Tips: * "Keep your eye on the ball" * "Trap/hug the ball against your body" * "Push/bounce the ball"</p>
	Variations: -Different size, weight, or texture of balls. -Throw to a target -Repetition is "KEY" in learning = muscle memory

Assessment:

Each child individually assessed through observation during each attempt of throwing/catching.

Cool-down:

- Pop bubble wrapping

Closure (2 min):

- Before you leave, help me gather all the equipment.

2) "Teamwork!"