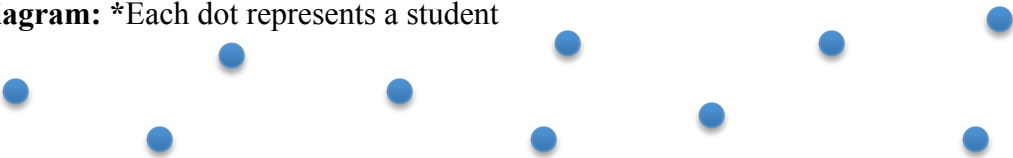
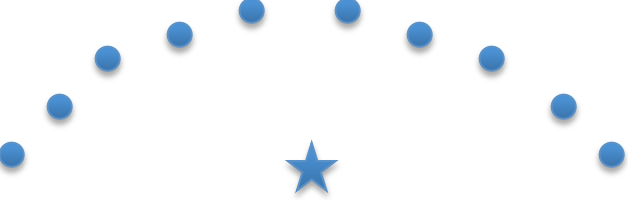
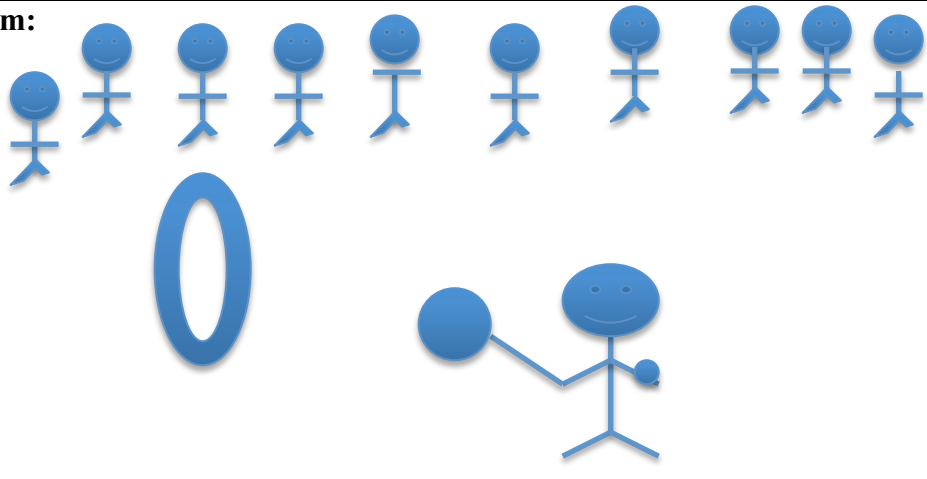
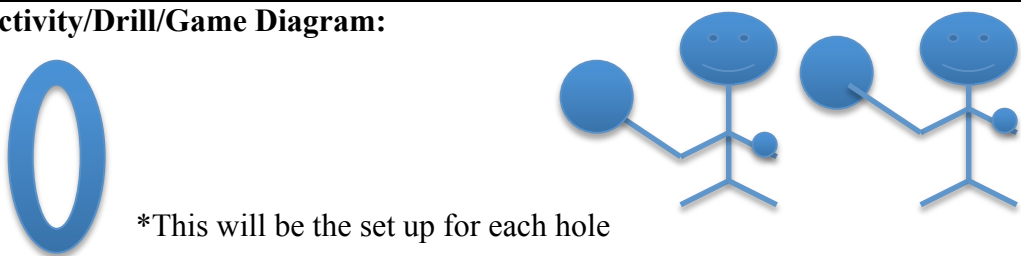
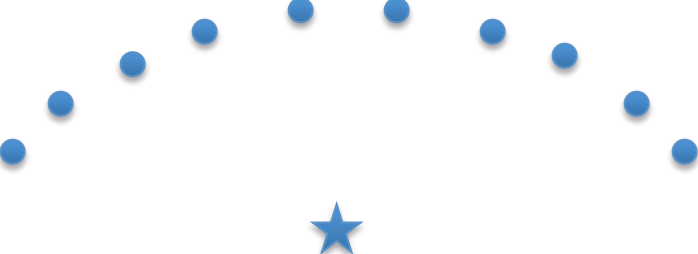


Barb Wheeler
PED 266-02
Simple Activity Lesson Plan
October 24, 2013

Pre-Instructional Plan
Lesson Focus: Wall Golf
Source: PE Central
Grade Level: 3-5
Equipment/Resources Needed: Hula hoops (9), Poly spots (9), Rackets (1 per student), Badminton birdie (1 per student), Paper (9 pieces), Marker, and Tape
Safety Issues: Students have the potential of getting hit by Badminton birdies or by rackets when students are performing the desired manipulative skill. Students will be told to make sure they have enough personal space, to be careful of where they aim the Badminton birdie, and make sure no one is close when they swing the racket.
Adaptations: Use a larger racket, use a racket with a shorter handle, make the hole on the wall bigger, and/or make the distances for the holes smaller.
Extensions: Add more holes to the course.
<p>NASPE Standards Addressed:</p> <p>Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</p> <p>Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</p> <p>Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p>
Lesson Objectives (1 in each domain required)
<p>Psychomotor: The student will be able to demonstrate the proper form for striking a Badminton birdie in order to hit it inside a hula hoop on the wall.</p> <p>Cognitive: The student will demonstrate knowledge of how to use a racket by verbally stating the four steps for striking a birdie.</p> <p>Affective: The student will demonstrate responsibility by properly handling equipment during the game.</p>
Assessment Plan: Students will be given a piece of paper with each hole number written on it so they can keep track of their score.

Instructional Plan	
Time Allotted	Teaching and Learning Dialogue
20 seconds	Warm-up Activity: “Welcome class! When I say go, I want everyone to enter the gym quietly and stand next to a racket/birdie that will be scattered throughout the gym. Then I want you to immediately start to use the racket to hit the birdie to yourself ten times or more without the birdie falling to the ground. GO!”
N/A	Diagram: *Each dot represents a student 
1 minute	Transition: “High five! When I say go, I want everyone to bring their racket/birdie, move to the black three-point line, and set your equipment on the floor when you get there. GO!”
20 seconds	Anticipatory Set: “Today we are going to play an activity called Wall Golf. This activity will help us improve our accuracy of striking a birdie with a racket.”
N/A	Diagram: * The star represents the teacher 
40 seconds	Lesson Focus for Instruction: “The first step in playing Wall Golf is to stand on the designated poly spot at the hole location you’re starting with. Then you will hit your birdie as far as you can, aiming at the hula hoop on the wall that corresponds to the hole number you’re playing at. If you hit your birdie inside the hula hoop with the first hit, then it took you one stroke. If not, you go to where your birdie landed, pick it up while staying in the same spot and hit it again until your birdie hits the area inside the hula hoop. Make sure to write down how many strokes (hits) it took for each hole. You will also be playing Wall Golf with a partner, so be sure to keep their score as well. The object of the game is to get the fewest amount of strokes, just as you would in a regular game of golf.”
2 minutes	Plan for Demonstration: The teacher will go to the first hole and demonstrate to the students the four steps in hitting the birdie with a racket toward the hula hoop. “There are four steps to hit your birdie with the racket. Step one: hold the racket in your dominant hand with the birdie in the other hand, step two: aim your body toward the target, step three: throw the birdie in the air directly ahead of your racket, and step four: swing the racket backward and then forward while hitting the birdie with the face of the racket. This will be the approach you want to take toward hitting your birdie at the hula hoop.”

<p>N/A</p>	<p>Diagram:</p> 
<p>40 seconds</p>	<p>Check for Understanding: “What are the four steps for striking a birdie?” “Step one: hold the racket in your dominant hand with the birdie in the other hand, step two: aim your body toward the target, step three: throw the birdie in the air directly ahead of your racket, and step four: swing the racket backward and then forward while hitting the birdie with the face of the racket.” At this point in time, the teacher will hand out pencils and scorecards to the students.</p>
<p>15 seconds</p>	<p>Transition: “When I say go, I want you to partner up using the toe-to-toe method and find a hole to begin at. Any students that don’t have a partner go to the center of the gym and then find another person there to partner up with. GO!”</p>
<p>N/A</p>	<p>Activity/Drill/Game Diagram:</p>  <p>*This will be the set up for each hole</p>
<p>7 minutes</p>	<p>Teacher Notes & Plan: The teacher will want to walk around the gym and make sure everyone is following the four steps for striking a birdie. The teacher will also scan to make sure students are not hitting one another. Lastly, the teacher should make sure the students are accomplishing the activity and rotating to the next hole with ease.</p>
<p>1 minute</p>	<p>Transition: “High five! When I say go, I want everyone to return your rackets and birdies to the bucket, sit down at the black three-point line, and while you’re waiting, add up your score. GO!”</p>
<p>1 minute</p>	<p>Lesson Closure: “I hope everyone enjoyed playing Wall Golf! Remember, we did this activity in order to improve our accuracy of striking a birdie with a racket. When I say go, I want you to thank your partner for playing Wall Golf, turn in your scorecards to me, line up on the black sideline while walking slow like a turtle, and do it quietly. GO!”</p>

N/A	Diagram: 
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Total Time: 14 minutes and 15 seconds