

**UNIT: LESSON: 2 CLASS: P.E Fitness “Pinball Dodge ball” DAY’S TOPIC / ACTIVITY (IES): Dodge ball/ Various Exercises**

**TEACHER:** Mr. Saint-Louis      **DATE:** 9/29/11      **EQUIPMENT NEEDED:** 3 Bowling Pins, Gymnasium, Dodge balls

**SAFETY FACTORS:** Students trip over pin; student gets hit hard with dodge ball, and students running into each other

**GOAL (TLW)** The learner will be fully engaged in the activity

**PSYCOMOTOR GOALS:** The learner will properly participate in activity.

**AFFECTIVE GOALS:** The learner will enjoy physical activity through this activity.

**FITNESS GOALS:** The learner will increase their heart rate for duration of class.

**COGNITIVE GOALS:** The learner will understand how dodge ball helps increase reaction, lateral movement, and endurance.

**DEVELOPMENTAL LEVEL OF STUDENTS:** 6-8<sup>th</sup> grade: Mainly mainstream students with some students with special needs.

Teacher’s Instructions & Transitions	Student Activities & Class Organization	Teaching Cues
<p><b>1-5 mins:</b> Dress</p> <p><b>5-12 mins:</b> 4 min run in gym, rules of activity</p> <p><b>12-35 mins:</b> Pinball Dodge ball</p> <p><b>“No throws above the neck”</b></p> <p><b>35-43 mins:</b> Dress</p> <p><b>Closing Statement:</b> Staying active is very important. Find an activity you enjoy doing and make that your exercise.</p>	<p><b>Squad 1-3</b></p> <p><b>Vs</b></p> <p><b>Squad 4-6</b></p> <p>-----</p> <p>Students get knocked out stand on side behind black line to perform given exercises.</p>	<ul style="list-style-type: none"> <li>• Object of game is to knock down opponent’s 1-3 pins. First team to do that wins.</li> <li>• If player is knocked out they stand on side. Perform exercise that is given. Once they complete exercise they can go back in. I.E ( 50 Jumping Jacks, 20 pushups)</li> <li>• “No throws above neck”</li> <li>• Keep participating</li> <li>• The quicker you finish the exercise the quicker you can get back in</li> </ul>

**State Standards and Benchmarks:** 19.A.3

**Assessment Protocols:** Observation/Participation