PED 305

Mr. Porter

Grade Level: 4th Grade

Subject Areas: Physical Education and Health

Materials Needed: Mats, Ball, Basses

***Ms. Baumgartner and Ms. Bopp’s Mat- Ball Lesson Plan***

Standards:

* + Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher- and/or student-designed small-sided practice tasks. (S1.E6.4)
  + Throws overhand using a mature pattern in non-dynamic environments (closed skills). (S1.E14.4a)
  + Throws overhand to a partner or at a target with accuracy at a reasonable distance. (S1.E14.4b)
  + Throws to a moving partner with reasonable accuracy in a non-dynamic environment (closed skills). (S1.E15.4
  + Catches a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a non-dynamic environment (closed skills). (S1.E16.4)
  + Kicks along the ground and in the air, and punts using mature patterns. (S1.E21.4)
  + Applies simple offensive strategies and tactics in chasing and fleeing activities. (S2.E5.4a)
  + Applies simple defensive strategies/ tactics in chasing and fleeing activities. (S2.E5.4b
  + Recognizes the types of kicks needed for different games and sports situations. (S2. E5.4c)
  + 4.2.2- Explain the relationship between food choices and personal health (cholesterol, high blood pressure, diabetes)

Objectives:

Student will demonstrate the above standards in a game of Mat Ball. Student will exhibit: an over-hand throw, throw at a moving target, catch a thrown ball, show different types of kicks, and apply offensive and defensive strategies and tactics while participating in the activity.

Learning Activity:

* The class will begin by introducing health and fitness related concepts with the help of visual aids.
* Students will gather around the white board and will be explained the concepts of the activity.
* Students will be divided into two teams.
* Both of the teams consist of the outfield/pitcher and the runner/ kickers
* The goal of the outfield/ pitcher eliminate three players from the opposing team. Ways to eliminate players will be: throwing the ball to the base before the runner gets there, catching a kicked ball in the air from the kicker at home, or being tagged by a ball that is thrown or held by the opposing team.
* If you are tagged out while running you must return back to the end of the line at home base.
* The goal of the kicker/runner is to reach home after reaching each base.
* Kickers/runners will only be able to run after the ball is kicked.
* Once the ball returns to the pitcher (center) the kickers/runners must stop at the base that they are on.

Assessment:

* Students will be assessed on the basis of their ability to properly complete an overhand throw.
* Students will be assessed on their ability to effectively work in teams.

Reflection: