**Teacher: Beth Berger Date: February 14, 2012**

**Unit Topic:**  **Low Organized Games** **Lesson Topic: Catch Ball** **# of Students: 36** **Grade: 9-12**

**Objectives:**

1. Objectives -

 A Students - Demonstrate the proper form of throwing and catching by following the cues (follow through, Soft hands (respectively))

 - Demonstrate teamwork and communication skills by using each other to strategize for the completion of the game.

 - Demonstrate understanding of the rules by obeying them throughout all the activities and resets of the game.

B. Teacher - Provide positive feedback for team strategies and allow students to develop their own strategies.

2. Equipment - 18 Soft balls (10 small, 8 varying sizes), 10 cones (5 on each end of the court).

3. Protocols - All students will wait for the signal (GO) from the teacher to begin the game. The students will reset at the end of each game by placing all the soft balls in the corresponding areas.

4. Instant Activity - Students will jump rope for 5 minutes to accelerate their heart rates.

5. Set Induction -

|  |  |  |  |
| --- | --- | --- | --- |
| LESSON CONTENT & PROGRESSIONSIntroduction, skill(s), activity, review | **Teaching Cues –** The cues are short quotes of what you are saying to students to remind them of proper form. | MANAGERIAL STRATEGIESOrganization of space, equipment, students (diagrams of practice formations, equipment set up, and game situations ), including method for assigning students to groups | EVALUATION OF OBJECTIVESHow you will monitor and record student progress. Each objective should be assesses or evaluated. |
| **Activity: Catch Ball**The students will be separated into 2 teams. Teams will abide by the following rules to successfully complete the goal. Goal:To win, the students will knock all balls off of the competitors cones or knock out all members of the competitors team. Rules:* All members begin the game in contact with the wall of their own side.
* All balls will be thrown at the balls on the cones.
* At the start of the game, the students must retrieve the balls from the center of the game, and take them back to their own wall before throwing them at other individuals.
* If a member of the other team is hit by the ball thrown and does not catch it, they are “out”.
* If a member of the other team is hit by the ball thrown and catches it, the person who threw the ball is out, and a member of the other team is allowed back into the game.
* If a person is hit in the head by a ball, they are still in.
* Balls thrown can be deflected by balls in hand, as long as the ball in hand remains in the person’s hand.
* All balls must be thrown within 10 seconds (to avoid prolonged stand-offs).
* To get back into the game, a member of your team must catch a ball.
* Students line up in the order that they exited the game to get back in.

TBI: - Balls of different sizesITV: (use these throughout different games to change the way of entry)- Girls catch counts for 2 people to be allowed back in.- Allow students to perform physical tasks to re-enter the game. * 15-45 jumping jacks
* 20 mountain climbers
* 10 donkey kicks
* 25 star jumps etc.
 | Throw Cues:- follow throughCatch Cue:- Soft hands | Teams will be picked by the teacher. 2 equal teams will be made, and the students will go to their designated sides. The court will look as such:  | Students will be assessed on a performance and participation basis, along with the daily chart used by the instructor.  |
| Conclusion:“What skills did you use during this game?”“What strategies worked best for you and your team?”“What strategy would you try if you could?”Good! Next week we will being our Badminton Unit!  |  |  |  |

**Teacher Reflection**

Strengths:

* students really enjoy this activity and this activity has a high activity rate.
* The changes by doing physical activity to get back into the game was a very positive way to have the students stay at a high intensity rate.

Improvements:

* Some girls were not as into this game, which led to them not being active throughout the period. I could possibly break the teams into smaller teams and have 4 v 4 instead of 1 v 1 so that the students are forced to participate.

Insights:

* Many students really enjoy this activity.