



## Health Smart Virginia - Sample Lesson Plan

### Grade Level 3

**Unit: BASKETBALL**

#### **SOLs:**

##### Physical Education

- 3.1a Demonstrate most of the critical elements (small, isolated parts of the whole skill or movement) for manipulative skills (e.g., throw and catch a variety of objects, kick to stationary and moving)
- 3.4c Work cooperatively with peers

##### Health Education

- 2.1.c The student will identify the major body systems and explain their connection to personal health. Key concepts/skills include: the skeletal system (Health SOL review)

**Title: Dribbling and Shooting for a Healthy Skeleton**

#### **Objectives/ Goals:**

- The student will be able to identify 2 major bones, particularly those used in basketball
- The student will be able to work cooperatively to build a skeleton
- The student will be able to recall 2/4 critical elements of dribbling a basketball
- The student will dribble with preferred hand in general space

#### **Materials:**

- iPod with Bluetooth speaker
- 4 locomotor cones
- 12 flat hoops
- 12 basketballs

- 1 gymnastics mat
- laminated bones
- 4 basketball hoops with 2 lowered
- lightweight ball (playground ball)
- skeleton “cheat sheet”

## **Procedure:**

- Students enter the gym and perform daily warm-up activity. They move around 4 cones performing the designated locomotor movement on each cone. They may also use mats against the wall to practice push-ups/curl-ups (“track” made with 4 cones, students follow cues for locomotor movements on cards attached to cones).
- Review 14 basic bones learned in the previous lesson, stand in personal space and touch bones identified by teacher (cranium, clavicle, sternum, ribs, scapula, vertebra, humerus, radius, ulna, pelvis, femur, patella, tibia, fibula). Students repeat after the teacher and touch each bone on their body.
- Dribbling and Shooting for a Healthy Skeleton- Students sit in 12 lines of 4-5 behind a flat hula hoop. The first person in each line will have a basketball. STUDENT will have a playground ball. In the center of the gym is a mat with laminated bones spread out on it. Two basketball hoops are standard height and two are lowered. This is to assist not only STUDENT, but any student who has trouble on the standard hoops. The first person in each line dribbles to any hoop and takes a shot. If they make the shot they bring two bones back to their group and place it in their team’s flat hula hoop. If they miss the shot they still bring one bone back. This allows all students to be involved with contributing bones. When all of the bones are gone from the center, the teacher will remove the center mat and students will “steal” bones from other group’s hoops. When students are waiting in line they will dance or exercise-anything to keep moving! The teacher will reward moving students with a shark bite (PBIS reward) to motivate them. During the activity, student must communicate with each other so they know which bones their group needs. When the game is over, groups will work together to build a skeleton with their bones. STUDENT will work with a peer buddy who will guide her to one of the lower hoops when she dribbles out. They will also direct her to the center mat to get a bone and show her how to place it in the team’s hoop. If groups have trouble remembering where bones go, they teacher will give them a skeleton “cheat sheet” which shows a picture of the full skeleton.
- Cleanup and Closure-Return balls to the mats, place bones back in the middle, teacher will collect flat hoops and cheat sheets. When students line up to leave the teacher will ask them to point to each bone on their body as she shouts them out. She may also ask which bones were utilized in the activity and how. Thumbs up if your group showed cooperation today. If so how, if not, why?

## **Assessments, References & Sources:**

- Physical Education Standards of Learning for Virginia Public Schools, January 2015
- Focused Fitness Five for Life Curriculum-resource CD for printable skeletal bones
- Focused Fitness presentation at JMU HPAI 2014

