



Health Smart Virginia - Sample Lesson Plan

Grade Level 9

Unit **Passing**

SOLs:

- 9.1 The student will perform all basic movement skills and demonstrate movement and biomechanical principles in a variety of activities that may include outdoor pursuits, fitness activities, dance and rhythmic activities, aquatics, individual performance activities, and games and sports (net/wall, striking/fielding, and goal/target(s)).
 - 9.1 a) Demonstrate proficiency and refinement in locomotor, non-locomotor, and manipulative skills through appropriate activities (e.g., outdoor pursuits, fitness activities, dance and rhythmic activities, aquatics, individual performance activities, games and sports [net/wall, striking/fielding, and goal/target]).

Title: **Pass Advance**

Objectives/ Goals:

The student will ...

- Perform at least 5 throws and catches with a partner.
- Compare different team strategies utilized and their effectiveness.
- Working as teams displaying good sportsmanship.
- Playing actively for at least 50% of the class period.

Materials:

- Indoor Gym
- 1 gator skin ball per student
- Cones for end zones

- 1 poly spot per student
- Colored tape on the wall matching poly spot

Procedure:

20 Minutes

- Students will dress out during first 8 minutes of class.
- Students will begin a 10-minute walk around the gym.
- Teacher will blow whistle for students to report to squads for attendance.

5 Minutes

- Teacher will lead dynamic and static stretches.
- Teacher will demonstrate proper form for throwing a ball.
- Teacher will explain a pass advance.
- Students will get 1 ball and find a poly spot on the ground facing the wall. Students will work on performing proper form while trying to hit the tape with their throw.

12 Minutes

- During the first section the students will work on throwing and catching against the wall. After 5 min the students will begin working in pairs trying to see who can hit the target the most times out of 10. Pairs can move the poly spot back after the first set of 10 is complete.

35 Minutes

- The teacher will assign students to one of four teams. Teams will play in a round robin format. Games will be played on the basketball courts with cones marking end zones on the baseline. If time permits a second-round robin will be played using different types of balls (football, handball, tennis ball).

18 Minutes

Closure/Assessment:

- What was your team's strategy??
- What was the key to your team's success?
- What could have allowed your team to do better?
- Students will assist with clean-up of equipment then proceed to locker rooms to dress out.

Modifications:

- Student can have clarification of directions.
- Student can use a larger visual or auditory target.
- Student can choose type of ball (lighter, larger).
- Student can be paired with a peer and or instructional assistant if necessary.
- Student can have visual cues (poly-spots) to make sure they know where to stand.
- Student can have numerous balls (5) to practice and then get a break when they are done.

Assessments, References & Sources:

- <https://www.pecentral.org/lessonideas/pelessonplans.html>
- http://www.doe.virginia.gov/testing/sol/standards_docs/physical_education/index.shtml
- <http://www.whatisultimate.com/what-is-ultimate/the-rules/>