

Sumner Physical Education

Lesson Plan

Date(s): 1/4-7/2011

Grades: 1 , & 2 & 3 (30 min, 2 x week)

X	National Standards Lesson Focus
	1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
x	2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
	3: Participates regularly in physical activity.
	4: Achieves and maintains a health-enhancing level of physical fitness.
x	5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
x	6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Objectives

Content: SWBAT... demonstrate proper sequence of their arm motion when bowling.

Language: SWBAT... explain the proper arm motion to a partner.

Introduction/warm-up:

- 10 push-ups
- 15 sit-ups
- 30 mountain climbers

Focus

Day 1	Day 2
Placing Bowling Pins - Practice Proper Sequence of Arm Motion - Kneeling (dominate down) - 1 – 2- 3 arm swings - “Land the Airplane” - “Answer the Phone” follow through Practice arm motion while kneeling. Explain Rotation 1. Bowler 2. Pin setter 3. Ball returner 4. Score keeper Practice bowling with bean bags & 3 rd brown bowling balls	Review Proper Sequence of Arm Motion - Kneeling (dominate down) - 1 – 2- 3 arm swings - “Land the Airplane” - “Answer the Phone” follow through Practice arm motion while kneeling. Review proper rotation of stations Practice bowling with foam bowling balls & 3 rd brown balls.

Conclusion/Cool-down

See below

Assessment

Think –Pair-Share proper arm motion sequence

Equipment

Cart w/ bowling equipment, mats, whiteboard markers, eraser

Sumner Physical Education

Lesson Plan

Date(s): 1/4-7/2011

Grades: 4 & 5 (30 min, 3 x week)

X	National Standards Lesson Focus
	1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
x	2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
	3: Participates regularly in physical activity.
	4: Achieves and maintains a health-enhancing level of physical fitness.
x	5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
x	6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Objectives

Content: SWBAT... demonstrate proper sequence of their arm motion when bowling.

Language: SWBAT... explain the proper arm motion to a partner.

Introduction/warm-up:

- 10 push-ups
- 15 sit-ups
- 30 mountain climbers

Focus

Day 1	Day 2
Share the History Pieces of Bowling Review Placing Bowling Pins (how many are there? 10) Proper Sequence of Arm Motion <ul style="list-style-type: none"> - Kneeling (dominate down) - 1 arm swings - "Land the Airplane" - "Answer the Phone" follow through Practice arm motion while kneeling. Explain Rotation <ol style="list-style-type: none"> 1. Bowler 2. Pin setter 3. Ball returner 4. Score keeper Practice bowling with bowling balls Safety <ul style="list-style-type: none"> - Do not drop the balls - Do not bowl as fast as you can - Keep your feet up, when sitting on mats Review proper arm motion with a partner	Sit in front of white board Review proper rotation of stations <ol style="list-style-type: none"> 5. Bowler 6. Pin setter 3. Ball returner 4. Score keeper Proper Sequence of Motion <ul style="list-style-type: none"> - Standing position - 1 arm swings - "Land the Airplane" point at the target, - "Answer the Phone" follow through by ear Practice motion without bowling ball Assign groups Practice bowling with bowling balls and keeping score Safety <ul style="list-style-type: none"> - Do not drop the balls - Do not bowl as fast as you can - Keep your feet up, when sitting on mats Put equipment away orderly, by team. Return to mat.

Conclusion/Cool-down

- See below

Assessment

-Think –Pair-Share proper arm motion sequence

Equipment

- Cart w/ bowling equipment, mats, whiteboard markers, eraser