

# LESSON PLAN 1

PHYSICAL EDUCATION • GRADE 3

TEACHER: MR. PIRES

DATE:15/06/2019

TOPIC: THROWING (FRISBEE)

## LESSON ACTIVITIES:

### 1) WARM-UP: (TEACHER SELECTS STUDENTS)

- 30 SECONDS OF JOGGING IN PLACE;
- 20 SECONDS OF JUMPING JACKS;
- 5 PUSH-UPS;
- 30 SECONDS OF JOGGING IN PLACE;
- 10 SECONDS OF "HIGH KNEES" IN PLACE;
- 10 SECONDS OF "HIGH HEELS" IN PLACE.

### 2) INTRODUCTION

DISCUSSION WITH STUDENTS ABOUT SIMILARITIES AND DIFFERENCES BETWEEN THROWING AND CATCHING A FRISBEE AND A BALL.

### 3) MAIN ACTIVITIES

(TEACHER DEMONSTRATES A PROPER FRISBEE THROW (SIMPLE BACKHAND THROW)  
) KEEP THE FRISBEE FLAT WHEN THROWING IT.

#### 3.1) PARTNER PASSING

PAIR UP STUDENTS AND HAVE ONE PARTNER GOING TO A 'SPACE' AND THE OTHER PARTNER GETS A FRISBEE. STUDENTS SHOULD START ABOUT 2 METRES AWAY FROM THEIR PARTNERS. AS THEY ARE MORE SUCCESSFUL, THEY CAN START MOVING A BIT FURTHER.

(TEACHER DEMONSTRATES A PROPER FRISBEE CATCH (1-HAND AND 2-HANDS))

#### 3.2) ROTATING/CHANGING PARTNERS

SINCE STUDENTS ARE IN 2 LINES . YOU CAN EASILY CHANGE PARTNERS BY HAVING ONE LINE SHIFT ONE POSITION TO THEIR RIGHT OR LEFT SO THEY ARE NOW PAIRED UP WITH A NEW PARTNER.

### **3.3) TARGET SHOOTING**

SET UP HULA HOOPS IN FRONT OF EACH STUDENT. THE GOAL IS FOR STUDENTS TO THROW IT SO THE FRISBEE LANDS INSIDE THEIR PARTNER'S HULA HOOP.

### **C3.3) BUCKET BRIGADE STYLE FRISBEE RACE**

CREATE A FEW PARALLEL LINES OF POLY SPOTS. EACH LINE IS ONE TEAM. TEAMMATES STAND ON THE SPOTS ALONG ONE LINE. EACH TEAM HAS A PILE OF FRISBEES ON THE START SIDE OF THEIR LINE. THE GOAL IS FOR EACH TEAM TO THROW THE FRISBEE (ONE AT A TIME) DOWN THEIR LINE FROM THE "**START**" SIDE TO THE "**END " SIDE**". THE TEAM WITH ALL FRISBEE ON THE END SIDE FIRST WINS.

#### **LESSON OBJECTIVES:**

- STUDENTS WILL PRACTICE AND DEMONSTRATE THROWING AND A CATCHING FROM DIFFERENT DISTANCES;
- STUDENTS WILL EXPLAIN THE DIFFERENCES AND SIMILARITIES BETWEEN THROWING/CATCHING A BALL AND THROWING/CATCHING A FRISBEE;
- STUDENTS WILL DEMONSTRATE AWARENESS AND CONSIDERATION OF OTHERS WHEN PERFORMING THE ACTIVITIES.

#### **EQUIPMENT:**

- **FRISBEES (1 PER STUDENT)**
- **POLY SPOTS (1 PER STUDENT)**

#### **ASSESSMENTS:**

- OBSERVATION
- EXIT TICKET:  
FRISBEE THROW (TO THE TEACHER)  
(NOTES)