

LESSON PLAN 12

PHYSICAL EDUCATION • MIDDLE SCHOOL

TEACHER: MR. PIRES

DATE: 24/01/2020

TOPIC: MOVEMENT
COMPOSITION (PARKOUR)

LESSON ACTIVITIES:

- DISCUSSION WITH STUDENTS ABOUT THEIR SUMMATIVE ASSESSMENT; OVER THE LAST FOUR LESSONS, STUDENTS HAVE BEEN PRACTICING THEIR MOVEMENT SEQUENCE (BOTH INDOORS AND OUTDOORS) WHICH SHOULD INCLUDE AT LEAST: TWO VAULTS, ONE JUMP, ONE ROLL. THE SEQUENCE MUST INCLUDE OTHER ELEMENTS SUCH AS: SAFETY AND FLUIDITY OF MOVEMENTS.

1) WARM-UP: STUDENTS WILL WARM-UP INDIVIDUALLY.

- CALISTHENICS
- STRETCHING
- QUADRUPEDAL MOVEMENTS
- ANIMAL WALKS

2) PRACTICE: STUDENTS WILL HAVE A MINIMUM OF 5 MINUTES TO PRACTICE THEIR SEQUENCE.

3) SUMMATIVE ASSESSMENT: IN GROUPS OF 4, STUDENTS WILL BE TAKE TURNS WHILE BEING:

- A PERFORMER;
- A FILM RECORDER
- AND TWO OBSERVERS

AFTER A STUDENT'S PERFORMANCE (IN THEIR GROUPS), THE FILM RECORDER WILL HAVE 5 MINUTES TO PRACTICE THEIR SEQUENCE. WHILE THE PREVIOUS PERFORMER AND THE OBSERVERS COMPLETE, RESPECTIVELY, A SELF AND PEER ASSESSMENT SHEETS.

DURING THIS TIME, STUDENTS CAN WATCH THEIR OWN PERFORMANCE ON THE IPADS.

DISCUSSION WITH STUDENTS ABOUT THE UNIT: REFLECTIONS AND SUGGESTIONS FOR IMPROVEMENT.

EXIT TICKET: WRITE IN A PIECE OF PAPER ABOUT "WHAT DOES PARKOUR MEAN TO YOU?"

LESSON OBJECTIVES:

- **STUDENTS WILL DEVELOP RESPONSIBILITY FOR THEIR OWN AND OTHERS SAFETY;**
- **STUDENTS WILL KNOW WHAT PARKOUR IS AND HAVE AN IDEA OF WHAT IT STANDS FOR;**
- **STUDENTS WILL LINK A RANGE OF MOVEMENTS WHILE SHOWING FLUIDITY DURING THEIR SEQUENCE.**

EQUIPMENT:

- 4 GYMNASTICS BOXES
- GYMNASTIC MATS
- TAPES FOR LINES (PRECISION JUMPING)
- 4 IPADS
- SELF AND PEER ASSESSMENT SHEETS

ASSESSMENTS:

- OBSERVATION
- EXIT TICKET:
WHAT DOES PARKOUR MEAN TO YOU?
- PARKOUR SEQUENCE
(SUMMATIVE ASSESSMENT)