Lesson Plan

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| **Lesson Title/Focus** | Shooting | **Date** | Jan,13th |
| **Subject/Grade Level** | PE—Grade 3 | **Time Duration** | 40mins |
| **Unit** | Basketball | **Teacher** | Miss. H |

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| **OUTCOMES FROM ALBERTA PROGRAM OF STUDIES** | |
| **General Learning Outcomes:** | General Outcome A  Students will acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g., aquatics and outdoor pursuits. |
| **Specific Learning Outcomes:** | A3–1 respond to a variety of stimuli to create locomotor sequences  A3–5 demonstrate ways to receive, retain and send an object, using a variety of body parts and implements; and, perform manipulative skills individually and with others while using a variety of pathways |

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| **LEARNING OBJECTIVES** | |
| **Students will:** | * Manipulate the basketball to accurate shoot with BEEF form (3-5) * Demonstrate different locomotor movements (3-1) |

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| **ASSESSMENTS** | |
| **Observations:** | * Are students’ balanced? * Are students’ elbows bent? * Are students’ eyes on the target? * Are students’ follow-through correct? |
| **Key Questions**: | * What is BEEF? * Why do we shoot with BEEF? |
| **Products/Performances:** | * Performing accurate shooting form using BEEF |

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| **LEARNING RESOURCES CONSULTED** | **MATERIALS AND EQUIPMENT** |
| * Program of Studies | * 21 Basketballs |

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| **PROCEDURE** | | | |
| ***Prior to lesson*** | Have keys so that we can open the equipment room. | | |
| **Introduction** | | | **Time** |
| ***Attention Grabber*** | Basketball shooting! | | 5mins |
| ***Assessment of Prior Knowledge*** | How has ever shot a basketball before? | |
| ***Expectations for Learning and Behaviour*** | When I saw freeze you are to freeze in triple threat. | |
| ***Advance Organizer/Agenda*** | Warm-up  BEEF  Line Tag  Closure | |
| ***Transition to Body*** | Stretching our arms and our legs out. | |
| **Body** | | | **Time** |
| ***Learning Activity #1*** | Step 1: Go through what BEEF stands for  Balance- legs shoulder width apart and legs bend  Eyes- looking at the target  Elbow- 90-degree angle, with a wrinkle at your wrist  Follow-through- put your hand in the cookie jar  Step 2:  Have students how me B…E…E…F…. Shoot!  Repeat a few times to ensure that students are aware of the shooting techniques  Step 3:  Have students aim at a spot on the floor, where two lines meet and that be your focus point.  Step 4:  Have the students shoot on the wall X20  Step 5:  Have the students find a basket and shoot towards the basket, reminding them of the form of shooting.  Walk around and help students with their form | | 15mins |
| *Assessments/ Differentiation* | Observations:  -Are students using the proper form?  -Where are students missing form? | |
| ***Learning Activity #2*** | Line tag  -Have students all get on a line.  -Explain that they are not to leave the line  -The person “it” also cannot leave the line  -If you get tagged you become “it”  -The person that is “it” has a pinny in their hand and they will pass it to you in you get tagged so we know who is “it”  Progressions  Speed walking🡪 Skipping🡪 Galloping🡪 Running | | 15mins |
| *Assessments/ Differentiation* | Observations  -How are students’ locomotors skill?  - Do students know what galloping is? | |
| **Closure** | | | **Time** |
| ***Assessment of Learning:*** | | What is the technique of shooting? | 5mins |
| ***Feedback From Students:*** | | Do we like basketball? |
| ***Feedback To Students*** | | Great BEEF today Grade 3’s! |
| ***Transition To Next Lesson*** | | I do not teach them next day… So not sure what they are doing right now, but I will ask and let the students know what is coming up. |

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| **Sponge Activity/Activities** | Freeze Tag  Rock, Paper, Scissor Tag |

**Reflections from the lesson:**