

Elementary Physical Education Lesson Plan

Grade: 3rd, 4th, 5th Grade

Subject: Physical Education

Unit: End of the Year Review

Lesson #: 1 of 2

Equipment Needed:

1. Computer Lab access for 45 minute period
2. Microsoft PowerPoint program on each computer
3. Headphones for each student
4. Physical Education Jeopardy Game
5. 26 Answer Sheets (for each class)
6. Name cards for each class to be placed at a computer

I. Skills already developed by students:

1. Students have basic knowledge of using PowerPoint to create and view projects as taught by classroom teachers.
2. Students have learned all of the material that is included in the Physical Education PowerPoint game throughout the year.

II. Physical Education Content Standards and Benchmarks

CS11: All students will explain and apply the essential steps in learning motor skills

BM1: *Later Elementary* Describe the critical components of mature patterns of fundamental motor and selected sport skills.

CS13: All students will demonstrate the appropriate behavior related to selected personal/social character traits that commonly emerge in a physical activity context.

BM1: Demonstrate appropriate behaviors which exemplify each of the following personal/social character traits at least 75% of the time: compassion, confidence, cooperation, fairness, honesty, loyalty, perseverance, respect, responsibility, self-discipline, and work.

III. Technology Standards

ISTE NETS for Students

1. Basic operations and concepts
 - Students demonstrate a sound understanding of the nature and operation of technology systems.

- Students are proficient in the use of technology.
2. Social, ethical, and human issues
- Students understand the ethical, cultural, and societal issues related to technology.
 - ***Students practice responsible use of technology systems, information, and software.***
 - Students develop positive attitudes toward technology uses that support lifelong learning, collaboration, personal pursuits, and productivity.

ISTE NETS for Teachers

II. PLANNING AND DESIGNING LEARNING ENVIRONMENTS AND EXPERIENCES.

Teachers plan and design effective learning environments and experiences supported by technology. Teachers:

- a. design developmentally appropriate learning opportunities that apply technology-enhanced instructional strategies to support the diverse needs of learners.

III. TEACHING, LEARNING, AND THE CURRICULUM.

Teachers implement curriculum plans, that include methods and strategies for applying technology to maximize student learning. Teachers:

- A. facilitate technology-enhanced experiences that address content standards and student technology standards.
- B. manage student learning activities in a technology-enhanced environment.

IV. ASSESSMENT AND EVALUATION.

Teachers apply technology to facilitate a variety of effective assessment and evaluation strategies. Teachers:

- A. apply technology in assessing student learning of subject matter using a variety of assessment techniques.

IV. Objectives

1. In this lesson, the students will use their knowledge of PowerPoint to navigate through the game with minimal help from the teacher.

2. In this lesson, students will record the correct answers on a handout as supplied by the teacher for every question they complete.

V. Classroom Organization

1. Students will each be seated at a computer in the computer lab with a whiteboard at the front of the lab.

2. A computer for teacher use with projection screen attached for viewing programs is also at the front of the lab.

VI. Procedures

** Prior to the beginning of each class, teacher will have already placed student name cards at a computer. Students with special needs or students with behavior concerns will be seated up front and close to the teacher's workstation.

1. Students will enter the computer lab and find their name at a computer.

a. Computers should all be turned on with Physical Education Jeopardy ready to start. (Screens will be OFF...)

b. At each computer workstation will be an answer sheet and a pencil.

2. The teacher will then explain to the students that they will be completing a Physical Education Jeopardy game to end their year.

a. Have each student write their names on the answer sheet provided.

b. Explain to students that they will need to write down the correct answer each of the questions in the game. (A, B, C, D)

c. Display the game using the projection screen and demonstrate how to play the game.

- Use the mouse to click on the "begin" button
- Show the students how to find a category and then click on a point button.
- Have the students listen to the question and ask them to help you answer the first question by verbally speaking the answer.
- Demonstrate what happens if you answer incorrectly and correctly.

d. Ask the students if they have any question before they begin the game.

- Remind students to stay in their seats while they work and to raise their hands if they need any help.

- Instruct students to raise their hands when they are done so that their answer sheet can be collected.

- Upon game completion, students will be allowed to choose a computer game to play at their seats.

e. Answer all student questions.

f. Instruct the students to turn on their monitors and begin.

1. Make sure to walk around while students are playing the game to answer questions, provide assistance where needed, and to maximize on-task behavior.

VII. Questions and Answers:

Basketball

100: Dribbling a basketball means what?

- a. kicking the ball
- b. throwing the ball
- c. bouncing the ball**
- d. rolling the ball

200: A good defensive move to use to keep your opponent away from the basket is called what?

- a. Sliding**
- b. Passing
- c. Jumping
- d. Bouncing the ball

300: A standard basketball has how many sections?

- a. One (1)
- b. Eight (8)**
- c. Twenty (20)
- d. Three (3)

400: How many NBA teams are there?

- a. Two (2)
- b. Eight (8)
- c. One Hundred (100)
- d. Thirty (30)**

Forehand Strike

100: A forehand is most commonly known for its use in what game?

- a. Volleyball

- b. **Tennis**
- c. Basketball
- d. Football

200: Table tennis is also called what?

- a. **Ping-Pong**
- b. Table Tops
- c. Handball
- d. Racquet Ball

300: When you hit the ball, the paddle should go past your _____?

- a. Shoulder
- b. Knees
- c. Head
- d. **Belly Button**

400: What does the word *strike* mean?

- a. **Hit**
- b. Kick
- c. Bounce
- d. Roll

Bowling

100: How many points is a *perfect score* in bowling?

- a. Ten (10)
- b. Fifty (50)
- c. One Thousand (1000)
- d. **Three Hundred (300)**

200: *3 strikes in a row* is commonly called what?

- a. **A Turkey**
- b. A great job!
- c. A lucky strike
- d. A triple

300: How many frames are there on a bowling score sheet?

- a. One (1)
- b. Twenty (20)
- c. **Ten (10)**
- d. Eleven (11)

400: How many strikes are possible on a standard bowling score sheet?

- a. One Hundred (100)
- b. **Twelve (12)**
- c. Three (3)

d. Ten (10)

Throwing

100: What is the pattern that I taught you to help you throw a ball?

- a. Turn and Toss
- b. Turn, T-Step, and Throw**
- c. T-Step and Throw
- d. Point and Throw

200: When you throw a ball at a target, what is the most important thing you need to do?

- a. Look at the target**
- b. Wind Up
- c. Clap your hands
- d. Wipe off the ball

300: What is the difference between throwing a ball at someone and throwing a ball to someone?

- a. When throwing to someone, you want to throw so that they can catch it**
- b. When throwing to someone, you want to throw it really hard
- c. When throwing to someone, you want to throw it over their head
- d. When throwing the ball to someone, you want the ball to roll on the ground

400: When you throw a football correctly, it spins as it goes through the air. This is called throwing a _____?

- a. Loop
- b. Curveball
- c. Spiral**
- d. Spinner

VIII. Closing

1. About five to seven minutes prior to the end of class, have students turn off their monitors.
2. Assign one or two students to go around and collect answer sheets.
3. Have the students who were able to complete the game raise their hands.
 - This will give the teacher an idea if another day in the computer lab will be required.
4. Answer any questions/comments students have regarding the game.

