HAZLETON AREA SCHOOL DISTRICT



DISTRICT UNIT/LESSON PLAN

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| **Teacher Name:** Bobbi Sisock | | | | **Subject:** Physical Education | **Start Date(s):** Click here to enter a date. | | | | **Grade Level (s):** 7th | |
| **Building:** Maple Manor | | | | | **End Date (s):** Click here to enter a date. | | | | | |
| **Unit Plan** | | | | | | | | | | |
| **Unit Title:** Recreational Games: This unit will involve multiple physical education activities that require teamwork, strategy, motor skills, and an understanding of knowledge for the different types of games within the unit. | | | | | | | | | | |
| **Essential Questions:**  How do good teammates interact with others?  What are examples of good sportsmanship?  How does having strategies affect a game?  How does understanding the rules to a game affect your performance?  What is it important to take on team roles? | | | | | | | | | | |
| **Standards: PA Core Standards, PA Academic Standards/Anchors (based on subject)**  **PHYSICAL ACTIVITY 10.4**  *A. Physical Activities That Promote Health and*  *Fitness*  *F. Physical Activity and Group Interaction*  **CONCEPTS, PRINCIPLES, AND STRATEGIES OF MOVEMENT 10.5**  *B. Motor Skill Development*  *F. Game Strategies*  **ANCHOR**  M 11.B 2.2  Use and/ or determine or describe measures of perimeter, circumference, area, or volume. | | | | | | | | | | |
| **Summative Unit Assessment :**  Students will be graded by teacher observation on their daily participation, preparedness, and effort put forth on the different activities. | | | | | | | | | | |
| **Summative Assessment Objective** | | | **Assessment Method (check one)** | | | | | | | |
| Students will be able to work together safely on teams while using strategies of the activities they are participating in. | | | Rubric  Checklist  Unit Test  Group  Student Self-Assessment  Other (explain) Teacher Observation & Student Particiaption | | | | | | | |
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| **DAILY PLAN** | | | | | | | | | | |
| **Objective (s)** | **DOK LEVEL** | **Activities / Teaching Strategies** | | | | **Grouping** | **Materials / Resources** | **Assessment of Objective (s)** | |
| Students will be able to demonstrate knowledge of the game of capture the flag and the skills needed to play. | **4** | **Capture the Flag**- I will break the class into 2 teams. Object of the game is to capture the other teams flag and bring it back to your base.  Rules:   1. Everyone must wear a belt with 2 colored flags. Flags may NOT be tucked into your pants or tied to your belt. 2. If your flag is pulled you must return your flag to your belt and then go to the outside of the boundary lines and complete 15 of a specific fitness exercise to get back into the game. 3. You may not rip off a flag if the player is on their own side of the gym. | | | | W | -Belts w/flags  - 2 objects for the teams flag to be captured. | Formative- Observation Q & A  Summative-  Student Self-Assessment- | |
| Students will be able to demonstrate knowledge of the game of footketball and the skills needed to play. | **1** | **Team Handball (Basketball, Football, Frisbee)**- Class will be split into 4 teams. Depending on gym availability, I could play more than one game at one time. Object of the game is to score the object as a team down the court to score in a specific goal.  Rules:   1. Game begins with a jump ball. (That is the only time the ball may hit the floor and be considered loose ball) 2. Once possession is established if the ball hits the floor it is a change of possession. 3. Player may run with the ball until he/she is tagged then they must stop running and establish a pivot foot. | | | | W | A Football, Basketball, or Frisbee  pinnies | Formative- Observation Q & A  Summative-  Student Self - Assessment- | |
| Students will be able to demonstrate knowledge of the game of matball and the skills needed to play. | **1** | **5 Base**: Class will be split into 2 teams. Object of the game is to score the most runs.  Rules:   1. Ball will be kicked from a stationary position. 2. Students will alternate kicking male-female. 3. 3 outs per inning for batting team 4. Ball kicked off the ceiling is 1 out. 5. Ball kicked off the ceiling is 3 outs. 6. Everything is in play!! 7. Homerun is above red line in the gym.   4th 5th  3rd | | | | W | Kick ball  5 mats | Formative- Observation Q & A  Summative-  Student Self – Assessment- | |
| Students will be able to demonstrate knowledge of the game of castle ball and the skills needed to play. | **4** | **Castle Ball:** Class will be split into 2 teams. Object of the game is to knock down the other team’s castles.  Rules:   1. Each team will have 2 minutes to build 3 castles out of their hula hoops. 2. Each team will start with 4 dodgeballs. 3. Teams will start when 2 minutes is up on clock and try to knock down the other team’s hula hoop castle. 4. If a student is hit by a dodgeball they are not “out” of the game and continue to play. 5. Students may block their castle from being hit but must stay out of the “No Zone” (Area where students may not go)   Variations:   * Allow students to rebuild during game * Allow one student from each team behind opposite team * Only allow 1 castle to be built * Place mats across gym as barriers | | | | W | -Dodgeballs  - 24 hula  Hoops | Formative- Observation Q & A  Summative-  Student Self - Assessment- | |
| Students will be able to demonstrate knowledge of the game of Territory Dodgeball | **4** | **Territory Dodgeball:** The class is split into 4 teams. Each corner of the gym will have a bowling pin place in it. Each team will be responsible to protect this bowling pin. If a team’s pin is knocked over, that entire team is out. When a team hit’s another team’s pin or knocks out everyone on another team, they are able to take over the eliminated team’s territory. Last team standing is the winner. | | | | W | 30 Cones  Dodgeballs | Formative- Observation Q & A  Summative-  Student Self - Assessment- | |
| Students will be able to demonstrate knowledge of the game of ultimate frisbee and the skills needed to play. | **1** | **Ultimate Frisbee**: Class will be split into teams of 6 players per team. Object of the team is to score past the end zone line or score into the goal.  Rules:   1. If the Frisbee hits the floor it is a change of possession. 2. Players are allowed to take 3 steps with the Frisbee after it is caught. 3. If the defense knocks down the Frisbee they retain possession. 4. Once pivot foot is established player has 3 seconds to throw the Frisbee. | | | | W | Frisbee  Pinnies  Goals | Formative- Observation Q & A  Summative-  Student Self - Assessment- | |
| Students will be able to demonstrate knowledge of the game of speedball and the skills needed to play. | **1** | **Speedball-** Class will be split up into 4 teams. Object of the game is to score in the goal or in the basket.   1. Players may score in the basket or soccer goal. 2. If the ball hits the floor it must go foot to hand to get it back up in the air. 3. Only 1 goalie allowed | | | | W | Football  Pinnies  Goals | Formative- Observation Q & A  Summative-  Student Self - Assessment- | |
| Students will be able to demonstrate knowledge of the game of Tchoukball and the skills needed to play. | **2** | **Tchoukball**- Class will be split into 4 teams. Object of the game is to bounce the tchoukball off the net and have it land outside the 3 point line.  Rules:   1. Teams must make a minimum of 3 passes before shooting. 2. Players are only allowed 3 steps before passing or shooting. 3. A team scores a point if the bounce the ball off the net and it lands outside the “Forbidden zone” and is not caught by an opponent. 4. A player **loses a point** if:   · they miss the net when they shoot the ball.  · they make the ball bounce out-of-bounds.  · they shoot the ball and it bounces back, touching them.    · the ball lands in the forbidden zone, before or after it hits  the rebound surface.  - a player catches a ball off the net thrown by a teammate.  5. After a score, opposite team must inbound the ball from  behind the baseline. (THIS DOES NOT COUNT AS 1 OF  THEIR 3 MANDATORY PASSES!!)  6. If a player drops a pass from a teammate; it results in a  change of possession. | | | | W | Tchoukball  Tchoukball nets  Pinnies | Formative- Observation Q & A  Summative-  Student Self - Assessment- | |
| Students will be able to demonstrate knowledge of the game of Team Handball and the skills needed to play. | **1** | **Team Handball:** Object of the game is to score in the opponent’s goal.  Rules:   1. Game begins with a “jump” ball. 2. Players may run with the ball and when tagged they must stop running. 3. When shooting, players must throw from behind the 3-point line. 4. Defense CAN NOT go inside the lane (box), 5. If the ball goes out of bounds opposite team must in bounds the ball. | | | | W | Dodgeball  2 goals | Formative- Observation Q & A  Summative-  Student Self - Assessment- | |
| Students will be able to demonstrate knowledge of the game of Scatter and the skills needed to play. | **4** | **Scatter:** Object of the game is to eliminate the other team.  Rules:   1. One team begins with 2 dodgeballs; they must work as a team to eliminate the opposite team. They must kick the ball and hit the opposite team. Once eliminated the player will go out of bounds until the next game. | | | | W | 2 dodgeballs  Pinnies | Formative- Observation Q & A  Summative-  Student Self - Assessment- | |
| Students will be able to demonstrate knowledge of the game of Scatter and the skills needed to play. | **1** | **Wiffleball:** Object of the game is to score the most runs.  Rules:   1. 3 outs per inning 2. A team member will pitch to their team. 3. Every batter is allowed 1 pitch. If they don’t swing they are out. 4. Baseball rules are in effect. | | | | W | Wiffleball  Bat  Bases | Formative- Observation Q & A  Summative-  Student Self - Assessment- | |
| Students will be able to demonstrate knowledge of the game of Volleyball. | **4** | **Volley Ball:** Points are scored when the ball hits the floor.  The class is split into two teams. Games are played 21. The team that scores continues to serve. | | | | W | A volleyball net  volleyball | Formative- Observation Q & A  Summative-  Student Self - Assessment- | |
| Students will be able to demonstrate knowledge of the game of Rollcall Basketball. | **4** | **Rollcall Basketball:** The class will be split into two teams. Each student on the team will be given a number that matches an opponent the other team. When a number is called one player from each team will run out to the court and retrieve a basketball. After retrieving the ball, the students will race on another to score a basket. First student that scores receives a point for his or her team. | | | | W | Two Basketball Hoops  2 Basketball | Formative- Observation Q & A  Summative-  Student Self - Assessment- | |
| Students will be able to demonstrate knowledge of the game of Rob the Bank | **1** | **Steal the Loot: The class is broken down into small groups. Each group will be placed at a hula hoop There are a variety of balls placed in the middle of the gym. This will be known as the bank. Once the bank is empty you are allowed to steal from other teams. When the teacher says stop the team with the most balls collected is the winner.**  **-Only one person on a team can retrieve a ball at a time.**  **-Only one ball could be taken at a time.**  **-The teacher could make some balls worth more than one point.** | | | | W | Multiple hula hoops  A variety of different types of balls | Formative- Observation Q & A  Summative-  Student Self - Assessment- | |
| Students will be able to demonstrate knowledge of the game the class chooses and the skills needed to play. | **4** | **Class Choice Day**: The class will vote on which game they liked the best and we will play that game. | | | | W |  | Formative- Observation Q & A  Summative-  Student Self - Assessment- | |