

## Lesson Plan Template

<b>Grade: 8th</b>		<b>Subject: PE- Frisbee</b>	
<b>Materials: frisbees</b>		<b>Technology Needed: NA</b>	
<b>Instructional Strategies:</b> <input type="checkbox"/> Direct instruction <input type="checkbox"/> Guided practice <input type="checkbox"/> Socratic Seminar <input type="checkbox"/> Learning Centers <input type="checkbox"/> Lecture <input type="checkbox"/> Technology integration <input type="checkbox"/> Other (list) <input type="checkbox"/> Peer teaching/collaboration/cooperative learning <input type="checkbox"/> Visuals/Graphic organizers <input type="checkbox"/> PBL <input type="checkbox"/> Discussion/Debate <input type="checkbox"/> Modeling		<b>Guided Practices and Concrete Application:</b> <input type="checkbox"/> Large group activity <input type="checkbox"/> Independent activity <input type="checkbox"/> Pairing/collaboration <input type="checkbox"/> Simulations/Scenarios <input type="checkbox"/> Other (list) Explain:	
<b>Standard(s)</b> <ul style="list-style-type: none"> <li>• S1.M2.8 Throwing Throws with a mature pattern for distance or power appropriate to the activity during small-sided game play.</li> <li>• S1.M3.8 Catching Catches using an implement in a dynamic environment or modified game play</li> </ul>		<b>Differentiation</b> <b>Below Proficiency:</b>  <b>Above Proficiency:</b>  <b>Approaching/Emerging Proficiency:</b>  <b>Modalities/Learning Preferences:</b>	
<b>Objective(s)</b> Students will learn how to throw a frisbee with proper mechanics. Students will practice throwing and catching the frisbee.		<b>Behavior Expectations- (systems, strategies, procedures specific to the lesson, rules and expectations, etc.)</b>  <b>Students are expected to participate to the best of their abilities.</b>	
<b>Bloom's Taxonomy Cognitive Level: Apply</b>			
<b>Classroom Management- (grouping(s), movement/transitions, etc.)</b> There will be direct instruction on the proper way to throw a frisbee. Students will then find their partner and then will go outside and warm up, they will then throw with their partner.		<b>Behavior Expectations- (systems, strategies, procedures specific to the lesson, rules and expectations, etc.)</b>  <b>Students are expected to participate to the best of their abilities.</b>	
<b>Minutes</b>			
<b>Procedures</b>			
0	Set-up/Prep: frisbees will be already out.		
3-5	<b>Explain: (concepts, procedures, vocabulary, etc.)</b>  How many of you have played frisbee golf or have just played with a frisbee before? If any students raise their hands, pick one to help demonstrate how to throw and catch the frisbee. Your throw by having your thumb on top, pointer finger on the side, and the middle finger on the bottom. When your throw the frisbee, you follow through with your hand pointing at your target.		
3-5	<b>Warm up:</b> We will begin by stretching our arms and legs. Arm pull across, tricep stretch, standing hamstring stretch- one leg then both. We then will go on the track and do one lap by walking the curves and jogging the straight away.		
35	<b>Explore: (independent, concrete practice/application with relevant learning task -connections from content to real-life experiences, reflective questions- probing or clarifying questions)</b>  Students will be with their partner(s) and will throw the frisbee. They can change the distance they throw within their own groups.		
1	<b>Review (wrap up and transition to next activity):</b>  Sanitize the frisbees and go inside and wait for the bell		
<b>Formative Assessment: (linked to objectives)</b> Progress monitoring throughout lesson- clarifying questions, check-in strategies, etc.  observe the students		<b>Summative Assessment (linked back to objectives)</b> End of lesson:  Observe to see if they had the right mechanics If applicable- overall unit, chapter, concept, etc.:	

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Consideration for Back-up Plan: go inside if weather is bad

Reflection (What went well? What did the students learn? How do you know? What changes would you make?):

This lesson got better as my nerves went down. Students did gain the knowledge of how to throw the frisbee. I know this because most throws were well thrown.