

## Johnston Middle School Lesson Plan 2015

| <b>Teacher:</b> Chilivetis, Hines             |                          |                                      |   |  |  |  |
|---|--------------------------|--------------------------------------|---|--|--|--|
| <b>Subject:</b> Health and Physical Education |                          |                                      |   |  | Week Of: 1/20- 1/30  |  |
| <b>Unit:</b> Volleyball and Basketball basics |                          |                                      |   |  |  |  |
|   | ELPS                     | TEKS                                 | Student Objective (The students will)   | Teaching, Reteaching, Enrichment, Assessment Activities  | Resources/Materials  |  |
| Lesson 1                                      | C1A<br>C1B<br>C1C<br>C1D | 6.1A<br>6.1B<br>6.1F<br>6.1I<br>6.5A | <ul style="list-style-type: none"> <li>- Perform locomotor skills in sport</li> <li>- Demonstrate and use relationships, levels, speed, direction and pathways effectively in basketball during lay ups and passing drills.</li> <li>- Throw/pass/dribble a basketball effectively</li> <li>- Use equipment safely and properly</li> </ul>                                | <p>Introduce the game of basketball (objective, rules, equipment, passing, shooting, court lines, key, points)</p> <p>Teach how to dribble and pass</p> <p><i>Dribbling cues- fingertips, hand on top of the ball</i></p> <p><i>Passing cues- (chest pass and bounce pass) start at chest, extend arms, palms out)</i></p> <p><i>Drills- dribble with right hand and left hand (forward, backwards, sideways), dribbling relays, chest pass and bounce pass in circle, passing while moving with a partner</i></p> | 10 basketballs   |  |
| Lesson 2                                      |                          | 6.1A<br>6.1B<br>6.1F<br>6.5A         | <ul style="list-style-type: none"> <li>- Perform locomotor skills in sport</li> <li>- Demonstrate and use relationships, levels, speed, direction and pathways effectively in volleyball during passing, digging and serving</li> <li>- Pass/hit/serve a volleyball effectively</li> <li>- Use equipment safely and properly</li> </ul>                                   | <p>Introduce the game of volleyball (objective, equipment, passing, hitting, serving, rotation, court, points)</p> <p>Teach how to pass a volleyball (proper hand hold, hit on forearms) and mention two types of serves</p> <p><i>Drills- passing in a group, passing over the net, hitting (spike)</i></p>   | 10 volleyballs, 3 nets or strings across two poles                     |  |
| Lesson 3                                      |                          | 6.1A<br>6.1B<br>6.1F<br>6.1I<br>6.5A | <ul style="list-style-type: none"> <li>- Perform locomotor skills in sport</li> <li>- Demonstrate and use relationships, levels, speed, direction and pathways effectively in basketball during lay ups or digging in volleyball</li> <li>- Throw/pass/dribble/serve/shoot a basketball or volleyball effectively</li> <li>- Use equipment safely and properly</li> </ul> | <p>Review basketball and volleyball basics</p> <p>Teach how to shoot a basketball and serve a volleyball</p> <p><i>Shooting cues- Dominant hand pushes from under the ball, non dominant hand gives side support, flick wrist for follow through; Lay up cues- R side: R foot, L foot, shoot</i></p> <p><i>L side: L foot, R foot, shoot</i></p> <p><i>Drills- ½ class plays HORSE, ½ practices volleyball serving</i></p>   | 8 volleyballs, 4 basketballs, 2 nets, 4 basketball keys and hoops      |  |
| Lesson 4                                      |                          | 6.6A<br>6.6B<br>6.7D                 | <ul style="list-style-type: none"> <li>- Know basic rules for basketball and volleyball</li> <li>- Demonstrate accurate score keeping during basketball and volleyball</li> <li>- Show good sportsmanship and show appropriate behavior during game play.</li> </ul>  | <p>Review skills and rules for both volleyball and basketball</p> <p>½ class- basketball on two courts, ½ class- volleyball on two courts (15mins then switch)</p> <p><i>Defense cues bball- spread out, communicate with team mates, pass the ball, stay between the goal and the ball</i></p>  | 2 basketballs, 2 volleyballs, 2 volleyball courts, 2 basketball courts |  |

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| Lesson<br>5  |  |  | Same as Lesson 4 |  |  |  |
| <p>* This lesson plan addresses individual IEP's or service plans for students in specific classes.</p> <p>** Lesson plans are subject to change</p> |  |  |                  |  |  |  |