

PHYSICAL EDUCATION LESSON PLAN

Teacher: _____ Unit: Soccer Lesson: 1 Grade: 5

Physical Education	Assessments Standard(s)
Highlight all that apply <ul style="list-style-type: none"> • Motor Skills • Movement Concepts • Fitness • Responsible Behavior • Value Physical Activity 	Highlight all that apply <ul style="list-style-type: none"> • Formative • Summative

<p>Power Standard (s):</p> <p>The student will dribble with the feet while traveling through general space with control of ball & body.</p> <p>Actively participates in practice tasks without teacher prompting.</p> <p>Work cooperatively and respectfully with classmates in small or large group activities.</p>								
<p>Learning Target(s):</p> <p>I can possess a soccer ball using a hook turn & lateral motion.</p> <p>I can pass the ball using the inside of my foot and control the ball when receiving a pass.</p>								
<p>Success Criteria:</p> <p>Formative Assessment "Exit Ticket" (student assesses themselves)</p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td style="width: 80%;">I can lateral roll</td> <td style="text-align: right;">4 3 2 1</td> </tr> <tr> <td>I can inside hook turn</td> <td style="text-align: right;">4 3 2 1</td> </tr> <tr> <td>I can 4 motion lateral move</td> <td style="text-align: right;">4 3 2 1</td> </tr> <tr> <td>I can pass using the inside of my foot</td> <td style="text-align: right;">4 3 2 1</td> </tr> </tbody> </table>	I can lateral roll	4 3 2 1	I can inside hook turn	4 3 2 1	I can 4 motion lateral move	4 3 2 1	I can pass using the inside of my foot	4 3 2 1
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LESSON INSTRUCTIONAL STRATEGIES

Lesson Introduction

Duration

- Locomotor Warm ups (Jumping Jacks, Side Shuffles, Skips, Cariocas) 2 minutes
- Cool Soccer Fact Of The Day 2 minutes
- Learning Target & Vocabulary (I can possess a soccer ball using a hook turn & lateral motion) 2 minute

(Highlight all that apply):**Motor Skills/ Movement Concepts/ Fitness/ Responsible Behavior/Value Physical Activity**

Content Focus

Duration

- Lesson-specific Warm Up (dribble ball in space with your head up, avoiding classmates) 3 minutes
- Demonstrate Inside & Inside Hook Turn/Lateral Roll/4 Touch Lateral Motion/Inside Foot Passing. (Use Overhead w/Moti App) 3 minutes
- Divide Class Into 5 Groups, Place Them Into A Specific Location For Skill Practice Or Scrimmage. 3 minutes
- The 5 Groups will rotate every 5 minutes, 4 scrimmaging while the 5th group works on their skills.

(Highlight all that apply):**Motor Skills/ Movement Concepts/ Fitness/ Responsible Behavior/Value Physical Activity**

Closure

Duration

- Review Of Warm Up Activity, Ask Students To Use Hook Turn & Lateral Roll To Avoid Others 3 minutes
- Exit Ticket/Self-Assessment of Skills Learned 1 minute
- Clean Up 1 minute

(Highlight all that apply):**Motor Skills/ Movement Concepts/ Fitness/ Responsible Behavior/Value Physical Activity**

LESSON SUPPORT

Equipment / Set-Up	<ul style="list-style-type: none">• Soccer Ball & Cones, Nets For Scrimmage• Rectangular Space For Warm Ups
Safety Considerations	<ul style="list-style-type: none">• Appropriate Space For Scrimmage & Skill Practice• Encourage Students To Keep Their Heads Up & Eyes Open!
Differentiating Instruction	<ul style="list-style-type: none">• Use Of Moti App & Physical Demonstration Of Each New Skill• Multiple Instruction Methods During Lesson
Helpful Hints & Modifications?	<ul style="list-style-type: none">• Modify/Simplify The New Skills If Necessary For Specific Students With Special Needs• Nets Are Encouraged, But Not Necessary For Scrimmage