



University of Minnesota – Physical Education – Lesson Plan

Name: Megan Smith

Lesson Name/Number: Micro Lesson #2

Grade Level: 4-5

Unit: Throwing

<p>Objectives:</p> <ul style="list-style-type: none">• Students will practice using proper throwing, catching, and dodging technique in an unpredictable, dynamic environment of a game situation while playing Star Wars Dodge Ball.• Students will apply strategy in a game situation playing Star Wars Dodge Ball to try to win the game.• Students will work cooperatively with a team while demonstrating good sportsmanship during Star Wars Dodge Ball• Students will apply, without reminders, appropriate rules of the game and follow directions and safety procedures while doing the warm-up and playing Star Wars Dodge Ball• Students will show outward and verbal signs of enjoyment during physical activity while playing Star Wars Dodge Ball• Students will demonstrate acceptance of other's skills and ability levels by including everyone and showing good sportsmanship	<p>Standards: 1, 5, 6</p>
<p>Previous Experience: Playing Medic or other types of dodgeball is helpful. Basic running, throwing, and catching skills are essential.</p>	<p>Equipment Needs/Safety: Squishy dodge balls, 2 hula hoops, 2 fun noodles/something to use as Jedi Swords. Safety: no chucking bean bags in warm-up. No fighting or hitting people with the fun noodles. Do not chuck balls unnecessarily hard at people standing right next to you or at people's heads.</p>



University of Minnesota – Physical Education – Lesson Plan

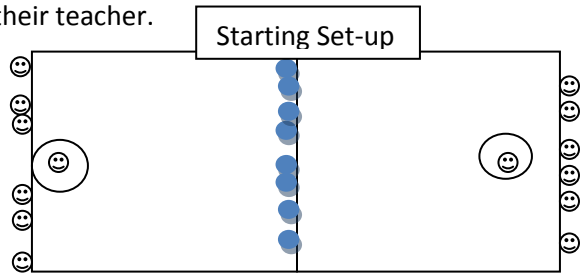
<p>Time: 3 min</p>	<p>Instructional Activities (include diagrams) & Assessments: Warm-up: Students will find a partner wearing the same color as them and sit down with that partner. I will hand each pair a bean bag. When the music begins, the partners will run around the gym tossing the bean bag back and forth to each other. When the music stops, partners will freeze. If one of them is holding the bean bag then they get a point. If it is on the floor then they do not get a point. If it drops while the music is playing then they just pick it up and continue. The music will start again and they will play this game for about five minutes. Team with the most points at the end wins.</p>	<p>Teaching hints and cues:</p> <ul style="list-style-type: none"> • Eyes up- don't run into people • Do not chuck the bean bag at people • Don't shoot baskets with bean bag
<p>5 min</p>	<p>Transition: Call students by the number of points they got to come put the bean bag away and have one partner sit on each side of the center line of the basketball court (splitting them into two teams.) Ask who likes Star Wars and who likes dodge ball. Ask if anyone has played medic before. Explain how to play Star Wars Dodge Ball using demos. After explaining, choose two students who were sitting nicely to be the Jedis . When I say "go" everyone else will stand up and line up on the back line of their side of the gym. The game will begin when the music starts playing.</p>	
<p>17 min</p>	<p>Star Wars Dodge Ball: Split the class into two teams with one on each side of the gym. The object of the game is to get everyone on the other team out by throwing dodge balls and hitting people on the other team with them. If a person is hit by a ball thrown by someone on the opposing team, the person hit sits down where he/she was hit. Each team has one hula hoop at the back of their side and chooses one person from their team to be the Jedi and stand in the hoop on his/her side. The Jedis each get to hold a fun noodle or "Jedi Sword." In order for someone sitting down to get back up, the Jedi must run out of the hula hoop and tag the person with the Jedi sword. The Jedis are safe in the hula hoops, but can get out if they are hit with a ball thrown by the opposing team while out of their hula hoop. If a ball is thrown and caught by an opposing team member without bouncing off of anything, then the person who threw the ball is out and needs to sit down. If a ball bounces off of one person and hits another person then both are down. A ball is dead once it hits the wall, ceiling, basketball hoop, or floor. If a person throws the ball and hits someone else in the head then the thrower is out unless the person who got hit was ducking at the time of the throw. However, anyone who purposely aims at the head of someone bending over to pick up a ball and not paying attention will be out at the teacher's discretion if they hit that person in the head on purpose. A person may only hold one</p>	<p>Check for understanding asking:</p> <ol style="list-style-type: none"> 1.) What happens when you get hit by a ball or someone catches the ball you threw? 2.) How do you get back up? 3.) How does the Jedi get out? 4.) How many balls can you have at once? <p>Reminder not to hit people with the fun noodles or fight with them</p>



University of Minnesota – Physical Education – Lesson Plan

ball at a time and may use a ball to block thrown balls. The game starts with all the balls on the center line, the Jedis in the hula hoops, and everyone else on the back line of their side.

Closing: When it is time to go, turn off music to have students freeze. Tell them “when I say ‘go’ you will go pick up a ball and put it in the bag/bucket and go line up by the door in a single file line. Jedi’s will pick up the hoop and the Jedi sword and bring them to me.” Ask them once they are all lined up who had fun today and who liked that game. Who got a good workout in today? Thank them for coming to play today then let them leave with their teacher.



Reflections: