

LO- Be able to plan a 3 part lesson

SC

L1 Pass- Plan a sports activity to lead to others

Pass- Plan a 3 part lesson

Merit- Justify your choice of activity

DO NOW:

- What are the 3 parts to a warm up?
- For your sport can you tell me 3 skills.
- For one of those skills, create a drill to improve it.
- Extension – why do we warm up and cool down?

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Your plan must be detailed and include the following:


- A Lesson Objective (What skill do you want to teach them)
- A Success Criteria: (What do you want them to be able to show?)
- A Warm-up: That includes a pulse raiser/stretchers
- A Main activity: What skill are you going to teach them? How is it going to be organised? What equipment do you need? What coaching points do you need to give them?
- A Cool down – this must include a light activity to clam them down (e.g.: a little jog around an area) PLUS more stretches.

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- Basketball
- **Football**
- Rounders

- Passing
- Shooting

- **Aim of the lesson:**
To develop....(skill)...in...(sport).
- **Success Criteria:**
To know how to...(skill).
Be able to...(skill)...in practice.
Apply the...(skill)...in a game.

 COCKBURN SCHOOL Specialist status in the Performing Arts <i>Learning for Life</i>			Lesson Planning		
Date:		Unit:	Activity:		Coach name:
Class:		Boys:	Girls:		
Aim of the lesson:		Success criteria:			Group Ability:
					Medical Needs:
					Specific Needs:
Resources:			Key words:		
Leader and Participant activities					Timing

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- I picked this warm up activity because...
- This is important because...
- My main activity is relevant to... (skill). This is important in... (sport) because...
- My activities will help the students improve because...
- My cool down will help the students to...
- This is important because...

To gain a MERIT:

- Give detail how and why you have chosen the warm-up and activities that you have planned?
- How will it improve their performance in a game situation?

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Extension Task:

- Complete a second lesson plan for the sport of your choice
- Explain why you have chosen the tasks/activities you have.
- How are these tasks going to improve the performance of your group?

Lesson Plan Example

Date: 27/02/14

Unit:1

Subject: PE

Coach name: James Boxell

Class: Year8

Boys: 12

Girls: 0

Aim of the lesson:

To develop the students passing in basketball.

Success criteria (including levels/grades):

- Developing- The student knows 2 types of passing but cannot always perform them accurately.
- Skilled- The students can perform 2 types of passing in practice but not always when under pressure.
- Accomplished- The students can perform all 2 types of passing both in practice and competition effectively.

Resources: basketballs, cones, bibs

Key words: chest pass, bounce pass

		Timing
Share Learning Outcomes Share Information	Coach to explain the Lesson aims and success criteria with the pupils.	2mins
Warm up Relevant to the sport	<ul style="list-style-type: none"> • In pairs- students practice passing to each other using the bounce pass and chest pass. Students must be 10m apart. Teaching points- step into pass, both hands on the ball, shoulders facing your partner, pass from the chest (for bounce pass- aim to bounce ball just over half way point). • Students progress on to working in groups of 4 using a 10x10m grid. 2v2 possession game where 5 successful passes equal 1 point. Students must pass using either chest push or bounce pass. More emphasis on passing accurately and moving in to space. 	5mins 5mins
Activity Include Demonstrations and key teaching points	<ul style="list-style-type: none"> • Students now progress on to 3v3 around a basket within a 20x20m area. Students must pass using the correct techniques and when they get the opportunity, shoot at the basket. 2 points are awarded for every successful basket. Once a basket is scored, the team who scored get the ball back at the start line. More emphasis on passing accurately and moving in to space. <p>Cool Down- 3 lap slow jog of the basketball court.</p>	8mins 2mins