O'BRIEN GROUP ARENA

HEALTH AND PHYSICAL EDUCATION LESSON PLAN

YEAR LEVEL & SUBJECT: 5 & 6 Health and Physical Education

NO. OF STUDENTS: 15 - 25 LESSON DURATION: 60 minutes TOPIC/FOCUS: Movement and Physical Activity:

Moving the body, Learning through

movement

GOALS AND OBJECTIVES:

Students will be able to:

- Skate forwards, slow down and turn on ice
- Composing movement sequences including balances to travel from point to point
- Applying stability and loco motor skills to dodge and feint in different movement situations
- Applying kicking, striking and throwing skills to propel an object and keep it in motion
- Performing activities that involve a transition from one skill to another, such as from dribbling to shooting or from leaping to balancing
- Designing a sequence of passes between team-mates to maintain possession or move a piece of equipment from one point to another
- Demonstrating defensive and offensive play in modified games
- Demonstrating an understanding of how to adjust the force and speed of an object to improve accuracy and control
- Proposing changes to the rules and/or conditions to create a more inclusive game or to allow for a fairer contest

RESOURCES REQUIRED: Skates, Helmets, Tennis balls, Pool noodles

ı	LESSON PROCEDURE					
	TIMING		STEPS OF THE LESSON	EXPECTED STUDENT REACTIONS OF RESPONSES	TEACHER RESPONSES TO STUDENTS (Including consideration of the need to adapt,	GOALS AND METHODS OF EVALUATION (Including informal and/or formal assessment links to
L	Event	Total		RESPONSES	reteach or extend)	VCAA)

		Opening:			
2	2	Off - Ice Introduction Once students have their skates on, students are directed to skaters lounge Coaches demonstrate marching, squatting and stride path off the ice			"Who has skated before?" "Who's been skiing/inline skating before?"
5	7	On - Ice Introduction Students get onto the ice and get comfortable before moving to specified location			Cook Students to be
3	10	Coaches demonstrate how to fall down and get back up safely Students practice safely falling down and getting back up with proper procedure	Students will be anxious, scared, excited to go on the ice.	Reinsure students of safety	Goal: Students to be comfortable standing on the ice and minimal falling
2	12	Coaches then get students to practice marching, squatting and stride path on the ice.	Scared, hesitant and uncomfortable	Coaches help students one on one and reassure	Goal: Students to fall down and get back up safely and independently
3	15	Coaches demonstrate how to stop using the snow plough technique. Students then practice skating forwards and stopping using this technique.			
		Lesson Development:			
1	16	Activity One: Gather students in one face-off circle			
		Students skate one at a time towards opposite face- off circle straight ahead			
5	21	Once they have reached that face-off circle, they skate towards the next closest face-off circle and finally to the original starting face-off circle to make	Students should be gaining confidence but	Coaches demonstrate skills; if any students are	Goal: Skate forwards, slow down and turn on ice and being able to travel from

		a triangle pattern Coaches will signal for next student to go at a safe point.	still apprehensive.	struggling give one on one assistance.	point to point
2	23	Activity Two: Split students up into 2 equal groups and position them into the face-off circles Have students pair up with someone in their group	Students will not want to be separated from friends.	Coaches number students from 1 - 4 to determine groups	
7	31	Pair skate forwards in parallel lines and pass a tennis ball between each other at least 5 times before reaching the opposite face-off circle	Nervous or hesitant about incorporating other skills.	Coaches to give an example of what needs to be done	Goal: For students to confidently skate from point to point in various directions
15	46	Star Wars			
		Students line up at one end of the rink and coaches, equipped with tennis balls, line up along the side barriers.	Excited about being able to roll tennis balls. May start to throw the	Coaches need to watch students to ensure tennis balls do not leave the ice.	Goal: For students to practice dodging, forward skating, balance, jumping and single leg balance
		Students then need to skate from one goal line to the other without getting hit by a rolling tennis ball.	balls at other students.		
		If students are hit by a tennis ball, they join the coaches on the side barriers and roll tennis balls towards the rest of the class.			
		Closure:			
		Cops and Robbers Rules:			
14	60	'Cops' are given 1 - 3 pool noodles which are used to tag 'robbers,' freezing them on the spot. Robbers are anyone without a pool noodle and they will have 1 - 3 tennis balls to throw between themselves.	Students will be excited and maybe also nervous	Coaches may need to demonstrate the correct way to use pool noodles and	Goal: For students to practice feinting, dodging, passing, skating, stopping and changing direction

Once students (robbers) have been tagged they must remain still unless they receive a tennis ball from a fellow robber.	tennis balls.	through communication and team work
If the robber gets tagged with a tennis ball in hand, the ball is then eliminated from the game.		Goal: Proposing changes to the rules and/or conditions to create a
Objectives: For cops to freeze everyone and for robbers to stay alive.		more inclusive game or to allow for a fairer contest
Game ends when everyone has been caught. If game continues past 5 minutes increase the difficulty of the game by introducing more pool noodles or taking away more tennis balls.		