

Lesson Plan

Teacher Candidate: Thomas L. Givens III

Lesson Title: Handball

Grade Level and Course: Grade 5 Physical Education

Time Segment of Lesson: 45 minutes

Standard(s) Addressed in Lesson:

The student will gain the ability to throw a ball using a overhand throw (1.06)

The student will gain the ability to throw a ball using a underhand throw (1.06)

The student will learn to catch a ball using the proper technique (2.03)

Overarching Unit Goal(s):

Foundational Skills and Strategy

- The student will be able to demonstrate accuracy while throwing and shooting at the goal.
- The student will be able to consistently catch a handball passed to them by a teammate.

Collaboration

- The student will be able to apply tactical knowledge and informed decision-making in a game-like situation (threw communicating with teammates)

Objective(s) of the Lesson: Students will be able to ...

(Remember SMART - Specific, Measurable, Achievable, Realistic, and Time-bound)

- Students will be able to demonstrate improved accuracy in their throws by hitting a designated target 7 out of 10 time from a specific distance
- Students will be able to shoot at the goal, hitting the target area at least 7 out of 10 times while being slightly guarded by an opposing team member.
- Students will be able to consistently catch a handball passed to them by a teammate with an accuracy rate of 90%
- Students will be able to apply decision making skills and tactical knowledge to game like situations 80% of the time
- Students will be able to demonstrate effective communication and collaboration with teammates by utilising hand signals, verbal cues, and clear instructions to enhance gameplay.

Student Diversity and Differentiation of Instruction

Identify students who will need differentiated instruction for this lesson.

Student Diversity	Differentiation of Instruction
<i>ADHD</i>	Provide mini-tasks within the activities to ensure that the student stays engaged.
<i>Vision Impairment</i>	Provide students with a brighter color ball. Also, ensure that the ball is softer than a

	traditional handball. Use a clicking sound so that the student knows to focus.
<i>Wheel Chair</i>	Create situations where the student can stay stationary but involved.

Formative and Summative Assessments- include open ended questions that will lead students to think deeply about the content and will also build on prior knowledge.

Formative Assessment	Summative Assessment
<i>Throwing form assessment</i>	5-team-in-class handball tournament: During this handball game, students must attempt an over and underhand throw and show that they can catch a ball using the proper technique. Each team must also write a reflection on any special training they did to prepare for the tournament. (Summative will take place in lesson 6)
<i>Catching assessment</i>	
<i>Popcorn Quiz</i>	

● If there is no summative assessment in this lesson, what/when will the summative assessment be/take place

Questions for formative assessment during and/or after the lesson

1. When using the throwing motion, what element do you feel assists the most, increasing the power of your throw(Throwing form assessment)
2. Is it essential to absorb the impact of a throw when catching? Why or Why not? (Catching assessment)
3. How does a handball player’s upper body contribute to the throwing motion? (popcorn quiz question)

Big Ideas to be Addressed in the Lesson:

Develop proficiency in fundamental ball skills for effective handball performance and target accuracy.

Discussion Questions

Write out questions that you would like students to discuss in class, before class or after class because they are interesting, support higher order thinking, and make for a lively and engaging discussion. If discussions must happen outside class, what tool will you use to facilitate the discussion (e.g. Twitter)?

1. Can you notice the difference between the throwing motion of a professional and an amateur? How do these differences affect performance?
2. Why is hand-eye coordination considered a critical skill in multiple sports? Give an example of sports where hand-eye coordination plays a significant role.
3. What elements do you feel helped improve your throwing accuracy the most? Were there any obstacles that affected your improvement? How can you or will you overcome them during this unit?

Prerequisite Skills

Describe any prerequisite skills that students will need in order to successfully complete the lesson.

1. Students should have basic hand-eye coordination
2. Students should understand overhand throwing motion

21st Century Knowledge and Skills

21st Century Knowledge and Skills	Teaching Strategies
<i>Critical Thinking</i>	Evaluation: After each throw students figures out the effectiveness of there throwing motion
<i>Problem Solving</i>	Game scenario : Have the students practise the throwing motion with targets. This will support with improving aim, force, and throwing technique
<i>Resilience</i>	provide students with strategies to assist with maintaining a positive mindset as they learn.

Literacy Skills

Describe the literacy skills (if any) covered in this lesson and how it will help improve the students’ reading skills such as comprehension, oral language, phonetic or phonological awareness, fluency and vocabulary as applicable.

-Students will have to read vocabulary and prompts for games.

Vocabulary introduced:

Handling the ball - Dribbling, catching, or passing the ball

Interception - Stop and catch the ball before it reaches a particular place

Teaching Strategies and Related Student Activities (Include Web 2.0 activities and innovative strategies,as appropriate):

Teaching Strategies and Activities: What are the teaching strategies and activities that you plan to use to help students meet the lesson’s objectives? What are the steps that you will take to deliver this lesson (e.g., introduce the author, read the poem, ask students to...)? Make this section as detailed as possible. It should allow you to hand it off to a substitute teacher.

Time	Activity	
7 minutes	Introduction -Students will participate in the popcorn quiz	Formative: <u>Popcorn quiz</u> - The students will be asked questions related to the sport of

	<p>-Students will be introduced to the first two vocabulary words.</p>	<p>handball. The teacher will give the students a paper ball, and they and the student will take turns catching the ball to determine who will be the next person to receive a question.</p>
5 minutes	<p>Warm-up</p> <ul style="list-style-type: none"> - The students will run two laps around the gym. - The students will participate in dynamic stretches that will prepare them for the lesson 	
3 minutes	<p>Activity Introduction</p> <p>-The students will listen as the teacher explains the throwing accuracy challenge</p> <p>-The teacher will explain proper throwing and catching form</p> <p>(ask students discussion question 2)</p>	
4 Minutes	<p>Practice Throwing and Catching with a partner</p> <ul style="list-style-type: none"> - The student will throw a handball back and forth with a partner using correct form for both motions 	<p>Formative: The students will be observed by the teacher who will provide feedback on the way students throw and catch a handball</p>

	<p>Differentiation:</p> <ul style="list-style-type: none"> - Provide a soft gatorball to students who may require it. 	
<p>18 minutes</p>	<p>Throwing accuracy challenge</p> <ul style="list-style-type: none"> - The students will attempt to hit targets from different distances. Two move on to the next target the student must hit the current target 7 out of 10 times <p>Differentiation:</p> <ul style="list-style-type: none"> - Mini task: Incorporate a “power up target” that can only be used for a short period of time when the teacher blows his whistle twice. <p>Literacy Skill: The teacher will include an additional task card for students to provide increased engagement.</p> <p style="text-align: center;">Task</p> <ul style="list-style-type: none"> - Thow the handball into the a hanging hula hoop - Hit the barrier with a handball from a distance no shorter that 15 feet - Avoid hitting the 	<p>Formative assessment: The teacher will walk around to different targets providing advice to students as they work on their throwing motion and accuracy.</p> <p>(The teacher will have an ipad looping a video person throwing a handball for students to refer to if needed)</p>

	goalkeeper as you attempt to hit the target behind him.	
2 minutes	<p>Cool Down</p> <ul style="list-style-type: none"> - The students will do basic stretches to assist their body in the cool down process 	
6 minutes	<p>Reflection</p> <ul style="list-style-type: none"> - Ask students two discussion questions 1 and 3 	

Teacher/Student Input: Write a note on what you expect the teacher and students to do as a part of this activity. Include a note on whether this is an “I do it”, “We do it” or “You do it” type of activity.

- For the throwing and catching practice, I expect the students to throw back and forth with a partner as the teacher provides feedback.
- During the throwing accuracy challenge, I expect students to work on their throwing accuracy and throwing form while the teacher provides feedback to each student.

Review: Write down ideas on how you will review the topic, including notes on types of formative assessments that you will use during the lesson.

- 1) I will review the information in the lesson as I ask the discussion question at the end. Also, at the start of the next lesson, I will review what was learned during this lesson.

Formatives:

- Popcorn quiz
- Throwing accuracy challenge observation
- Catching observation (which will take place as students throw and catch with a partner.

Materials and Resources for Lesson

Materials, Technology, and Websites	Required Preparation
<i>Handballs</i>	Handballs will be placed in a basket for students before class. Must have enough handballs for each student to have one.
<i>Targets</i>	Set around the gym before class
<i>Polydots</i>	Provided to the student as markers for when the practice throwing with a partner. Also will be used to mark the distance for the throw accuracy challenge
<i>Whiteboard</i>	Used to write down the vocabulary words
<i>Gatorball</i>	Provided for students who require additional support
<i>Ipad</i>	Create a video that loops a person throwing a ball.

References

Where did you get ideas and resources for this lesson plan?

- 1) [Handball Terms | Team Handball Terminology and Phrases \(theukrules.co.uk\)](http://theukrules.co.uk)