

8th Grade Assignment

1. CREATE a lesson to teach the class
2. Think about what type of game you would like to teach to the class
3. You need to include a warm up in the beginning of class and a cool down at the end of class
4. Your activity has to be 20-25 minutes long.
5. Make sure you have the attention of the class before you start
6. NO DODGEBALL or you will receive a zero

- You will be graded on this assignment. It will be 20 % of your grade this term.
Examples of a proper **warm up** – elevate heart rate (running, jump rope, dynamic stretching, jumping jacks)

Cool down- slow heart rate down (walking, yoga, stretching, meditating, praying)

- You can do anything from fitness to dance.

- You will not be allowed to play any team sports like basketball, soccer etc.. You can make up your own sport or create a new one by combining 2 games.

- A lesson should not be repeated and you may not use one of mine or something we have already done in class.

- Please explore the Internet to help you with your lesson plan. A few examples are: Pecentral.com and Mrgym.com. Those are just two of the many great websites out there. Please be creative and make your lesson fun!

Your Lesson Plan should include:

Name of Activity:

Purpose of Activity:

Materials Needed:

Description of Idea:

Assessment: A test, observation, self/partner checklist, or rubric. It is a way of knowing your classmates understand the concepts of the game and can follow the rules.

*You will need to make 2 copies of your lesson plan so that you can hand 1 into me before class starts.

*Please keep the games appropriate. Your lesson plan will be graded. I will post the rubric on my website for you to look at. Have fun! Be creative! And keep your classmates interested!

If you have any question, please don't hesitate to come ask me!

EXAMPLE LESSON PLAN

Name of Activity: Zone Ball

Purpose of Activity: The purpose of this activity is for students to learn the fundamental concepts of a zone defense in basketball. In doing so students should also break the habit of everyone gravitating to whoever has the ball. On the offensive end, students will utilize non bounce passing skills to successfully share the ball with teammates. Additionally, students will learn how to move without having the ball in their hands.

Prerequisites: Students should have had practice with passing, shooting, and defensive stance.

Suggested Grade Level: 7-12

Materials Needed: 5-6 hula hoops at each basketball goal and one basketball.

Description of Idea

The teacher can set up different types of defenses such as a 2-1-2, a 3-2, or a 2-3 around the basketball goal using the hula hoops. 5-6 students will be selected to play defense. Those students will be restricted to either standing inside the hula hoop or have one foot in and one foot out (teachers choice) until a turnover occurs or basket is scored. In doing so, students will understand his/her area in the zone defense.

The offense must chest pass the ball to one another without letting the ball touch the ground. Therefore there is no dribbling in this activity. The student must freeze when he/she receives a pass and quickly decide who they will pass to next. Each person on offense must pass at least once the ball before a shot can occur. Encourage students to move around as much as possible and find open space to handle the ball and receive passes.

Each time the defense tips a pass away and the ball touches the ground it is a turnover and they switch. Offense becomes defense and vice versa. When each player gets a pass and can shoot if the ball touches the ground it is considered a turnover. However, if a student rebounds the ball they can shoot again.

Assessment Ideas:

If each student passes the ball successfully without the ball touching the ground before shooting they have met the objective.

If the defense stays within their hula hoop space and makes attempts to disrupt the offensive teams passing lanes they have met the objective.