

LESSON PLAN

Unit Balance Unit

Lesson # 2

Lesson Focus Balance "Weight Distribution"

Date 11/01/11

Grade 2

Time 10:30-11:00

No. of students 13

Name Sarah Titus

Objectives: (Expected Outcomes)

The students will:

1. Be able to perform the Balance concept of weight distribution using the following critical elements: (Arms) out for balance, center of gravity, (Points of Contact) base of support
2. Continue to develop muscular strength by holding up students' own body weight during the warm up
3. Continue to develop muscular endurance by doing repetitive movements during the warm up
4. Be able to describe how the activity can help build muscular endurance during closure to warm up
5. Be able to describe how the activity can help build muscular strength during closure to warm up
6. Continue to develop self-discipline by keeping bodies under control during warm up and practice activities
7. Continue to develop responsibility by following directions throughout the lesson
8. Continue to develop cooperation by working in small groups during warm up

National Standard(s) addressed:

Evaluation of Objectives:

1,3
Teacher Feedback from Observation

3,4
Teacher Feedback from Observation

3,4
Teacher Feedback from Observation

2
Questions and Answer

2
Questions and Answer



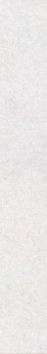
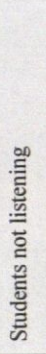
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Teacher Feedback from Observation

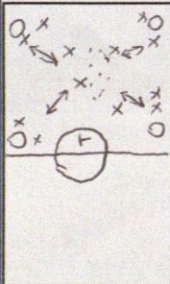
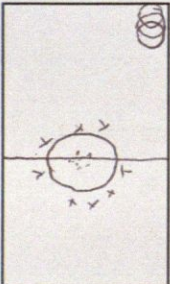
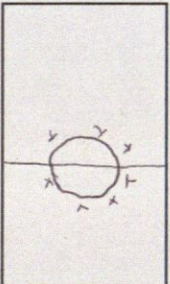
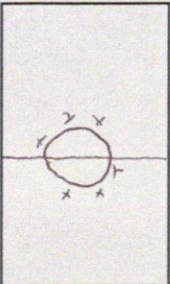
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Teacher Feedback from Observation

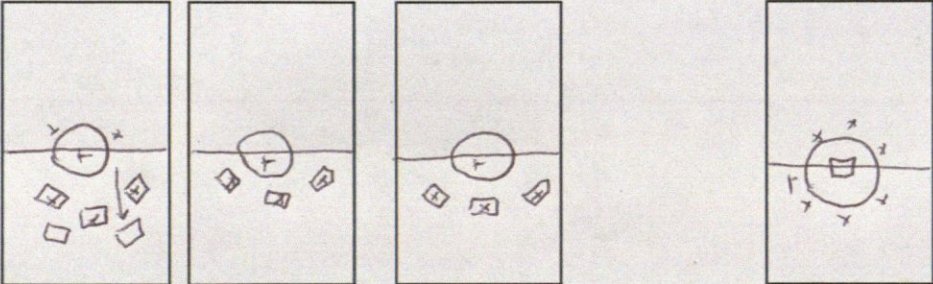
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Teacher Feedback from Observation

Equipment 4 Hula Hoops, 20 Bean Bags and 13 Mats
Play Space Needed Open Special Markings Lines

Sources of information: Developmental Movement Notebook, PE Central <http://pecentral.com/lessonideas/ViewLesson.asp?ID=7000>

Time	Lesson Description	Class Organization	Points to Emphasize/Instructional Cues/Critical Elements	Anticipated Problems	Corrective Feedback
Before Lesson Begins	<p>13 Mats gathered on the side Hula Hoops placed out in the corners (4) Bean bags in center circle</p>				
15 minutes	<p>Introduction 1. Behavior Expectations 2. Outline Lesson Today we're going to be doing a warm-up activity, then we are going to be working on our moving balance- yesterday we mainly worked on our statue balance, then Mr. is going to take over with an activity and the closing discussion.</p> <p>Warm-Up 1. D/E The Hungry Crab Students will be divided into groups of 3 One Person from each group will go at a time, the student will crab walk to a bean bag (crab food) place the crab food on his/her stomach, and crab walk back to the team hula hoop where the bean bag will be placed. Once one crab comes back another crab may go While the rest of the crabs are waiting they should be running in place One piece of crab food is allowed to be collected at a time No crab walking backwards</p> <p>2. Transition to The Hungry Crab Divide students into 4 groups of three, group 1 may stand up and walk over quietly to the yellow hula hoop, etc</p>		Listen up	Students not listening	"Please, listen"
			Focus Crab walk to a bean bag Balance the bean bag on your stomach Place in the Hula Hoop One bean bag at a time While the other crabs are waiting they must be running in place Only crab walk forward	Students distracted by people walking in and out of gym	"1,2,3, Eyes on me"
			Walk	Running	"Please, walk"

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	<p>3. Do The Hungry Crab</p>		<p>Crab walk to a bean bag</p> <p>Balance the bean bag on your stomach</p> <p>Place in the Hula Hoop</p> <p>One bean bag at a time</p> <p>While the other crabs are waiting they must be running in place</p> <p>Only crab walk forward</p>		
	<p>4. Transition to Closure to Warm Up</p> <p>The team with the most pieces of crab food may gather the bean bags, walk them over, place them in the basket, and have a seat quietly around the circle</p>		<p>Place bean bags</p> <p>Walk</p> <p>Sit</p>	<p>Playing with bean bags</p> <p>Running</p> <p>Sliding</p>	<p>"Hold the equipment, please"</p> <p>"Please, listen"</p> <p>"1,2,3, Eyes on me"</p>
	<p>5. Closure to Warm Up</p> <p>What groups of muscles do we think we used during this warm up?</p> <p>Which muscle group is more tired?</p> <p>How does this activity help improve muscular strength and endurance?</p> <p>How did we balance the bean bag on our stomachs?</p>		<p>Upper Body (Arms)</p> <p>Lower Body (Legs)</p> <p>Arms</p> <p>Because you have to hold your body up off the ground for a certain distance/time</p> <p>By keeping our stomachs flat and by moving slowly</p>	<p>Students do not know answers</p>	<p>Give hints related to answers/rephrase the questions</p>
	<p><u>Core</u></p> <p>1. D/E Balance "Weight Distribution"</p> <p>-Teacher Demo</p> <p>-Teacher asks questions related to concept</p> <p>-Review Concept</p> <p>Examples: Shapes (Triangle, Rectangle, Square, Circle)</p>		<p>Base of Support- The bigger the base of support, the more balanced the object</p> <p>Center of Gravity- The closer you are to the ground, the less likely you are to tip over.</p>		

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	<p>2. Transition to Practice Activity Will everyone please stand up, walk quietly to a mat, and have a seat</p> <p>3. D/E Practice Activity We are going to Practice weight distribution and being aware of our center of gravity Everyone is going to be using their mat, and I am going to demonstrate how I want you to move- Watch closely</p> <p>4. Do Practice Activity Sit on mat, Stan on mat, kneel on mat, stand with 1 point of contact, 3 points of contact, Four points of contact, 5 points of contact, small base of support, large base of support, medium base of support, pretend you're a tall tree that can get knocked over from the wind, pretend you're a sturdy rock</p> <p>5. Transition to Closing Activity When I say something about you, you may pick up your mat, walk it to the side, and have a seat quietly around the circle</p> <p>Closing Activity- Mr. E Closing Discussion - Mr. E</p>		<p>Walk Sit</p> <p>Watch carefully Focus on yourself</p> <p>Watch carefully Focus on yourself</p> <p>Place mat Have a seat quietly</p>	<p>Running Standing</p> <p>Students distracted</p> <p>Students can't see</p> <p>Students teasing, saying this is easy</p> <p>Throw mat down Talking</p>	<p>"Please, walk" "When you are all sitting quietly I will know we are ready to begin" "All eyes should be on me"</p> <p>"Be sure that everyone can see, would you like to move to a better spot?" "Please, focus on your own balancing"</p> <p>"Please show me how to place the mat down" "Please sit quietly"</p>

Safety: Personal Space, shoe laces tied, and be sure to look where you're going, Crab walk moving forward only

Modifications for Individual Differences: Do your best to balance, focus on yourself and not those around you

Accommodations for Special Needs Child: Have student near me when giving directions, keep an eye out for him to be sure he is on task during activity