Lesson Plan
Physical Education
7th grade

Rain Day Lesson

Objectives:
By the end of the lesson students will:
1. Participate in warm-up, stretching, and activity
2. Use teamwork strategies while participating in Hand Ball
3. Give 2 positive feedbacks towards a teammate or opponent
4. Shake hands with opponents at the end of the game
5. Be able to describe basic rules and skills of handball

Link to Standards and Essential Questions:
A student shall demonstrate an understanding of motor skills and physical fitness and participate in physical activities that develop motor skills and physical fitness, by:

1. describing rules, skills, strategies, and etiquette associated with physical education activities;
2. describing the benefit of daily participation in physical activities;
3. describing the components of fitness planning;
4. showing evidence of implementing a fitness plan;
5. showing evidence of age-appropriate physical fitness;
6. demonstrating motor skills required for individual, dual, and team activities; and
7. displaying proper etiquette and team-building skills in dual and group activities.

Resource:
http://cflapp.state.mn.us/CLASS/mecr/MECRController?TASK=contentstandard&CS_ID=80302&SECTION=STD

Prior Knowledge:
Students should have knowledge of the game of Handball. Students should be able to stretch properly. Students should know how to use teamwork strategies in the activities.

Purpose:
The purpose of the activity is to promote teamwork and healthy competition. It is for students to explore different offensive and defensive strategies for the game of handball. The warm-up is used in order to warm the muscles. It is to promote physical activity and
improvement in balance and coordination. Stretching is used in form to generate greater flexibility and also prevent injuries.

**Anticipatory Set:**
- Roll Call
- Explanation of Relays
- Relays

**Methods Strategies Used/ Rationale:**
The rationale for this lesson is that students will practice their teamwork skills and also have physical activity to get their heart rate up. Teamwork is used to create better relationships, to motivate each other, and to work as a unit in order to improve. The rationale for students to give each other positive comments and shake hands at the end of games is to promote sportsmanship. Students learn to focus on the positives instead of negative and they externally motivate each other.

**Chronology:**

1. **Anticipatory Set**
   - Roll Call
   - Explanation of Warm-up (Relays) (2 min)
     - Tell students to get in groups of 5 or 6 and get in a line behind the end line of the basketball court. Tell the students that you will be announcing different relays to do as a team. Emphasize that everyone should be working hard and participating. Each person will go through the line twice before his or her team is done. Call off the different strategies to be used starting with #1. *(Worksheet Included)* Give positive feedback and constructive feedback to the students as they are participating.
   - Start the relays *(about 20 min)*

2. **Stretching** (10 min)
   - Have the students get in a large circle and stretch with the teacher leading.
   - Call out each stretch, have the student switch from one side to the next, hold the stretches for 8-10 seconds. Students should know all of the names of stretches and how to do them.
   - Stretches include:
     - Triceps
     - Shoulders
     - Back of Legs
     - Hurdler (hamstrings)
     - Butterfly
     - Hollywoods
     - Ankle Rotations
     - Quads
     - Calf Stretch

3. **Explanation of Handball** (2 min)
- Students should already know the basic rules of handball. The object is to pass the ball without dribbling or traveling (taking more than 2 steps) to teammates in order to score in the goal. Each goal is worth 1 point. Teams are to keep track of their points. Emphasize that handball is not a contact sport. There is no fouling. If you get caught fouling, the first offense gets you a warning; the second has you sitting out for 2 min.
- Go through the highlighted rules of team handball. If there are questions refer to the rules.
- Tell students that you are looking for at least 2 positive comments towards teammates or opponents. Say that you are looking for good sportsmanship.
- Number off the students 1-4
  1 and 2 are on one half of the gym, 3 and 4 are on the other.

**Game**
- Start the games of handball by having a “jump ball” on each court.
- First game lasts 20 min (at end of game students are to shake hands)
- Winners of the game are on court one, losers on court 2. (2 min)
- Start new game (20 min)
End games by having the teams shake hands

**Accommodations Required and Differentiated Instruction:**
If a student can’t participate due to injury they are to be referees and scorekeepers. For other accommodations, the rules will be changed and the way the game is played will be changed.

**Assessment of Objectives:**
Observation of students’ participation and positive comments. Observation of the rules and skills of the game being followed.

**Materials Needed:**
Pennies for 2 teams
4 goals
Gym space for 2 games
Rules for Handball
2 Soft balls (size of basketball or smaller, not smaller than a softball)