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| Subject: | Physical Education |
| Title: | Hot Shots |
| Grade Level: | 6 |
| Purpose: | * Students will use a variety of shooting skills and teamwork to accomplish a pre-established task.
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| CurricularConnections: | * Demonstrate etiquette and fair play.
* Apply and refine ways to receive, retain and send an object with increased speed, accuracy and distance in skills specific to an activity.
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| Materials: | * Floor hockey sticks
* 15–20 pylons
* 15-20 balls (variety of sizes)
* 30 whiffle balls
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| Activity: | 1. Warm up
* Have students moving around the entire gym passing the balls to one another. On the whistle, move all students to half of the gym, continue passing. On the next whistle move the students to one quarter of the gym. They now play a game of keep away. If someone else takes their ball they must try to either get their ball back, or take a ball away from someone else.
1. Take the pylons and line them up evenly spaced across the middle of the gym. Place a ball on top of each pylon.
2. Divide the class into 2 teams.
3. Place each team on a line about 15 meters from the pylons.
4. On the whistle both teams throw the whiffle balls at any pylon of their choice.
5. Remind students that they must return to the line before they can throw a ball again.
6. This is a group effort - students throw and retrieve balls as fast as they can.
7. The teacher is timing to see how long it takes to knock all of the balls off of the pylons.
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| Extension: | Have the weaker throwers start closer to the pylons, and the stronger throwers start further from the pylons. |
| Assessment: | 1. Teacher records times to see if there is improvement.
2. Students assess themselves.
* I always followed the rules of the game – 3 points
* I sometimes followed the rules of the game – 2 points
* I rarely followed the rules of the game – 1 point
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