**Teaching Plan Outline**

**(DiCiccohealth.weebly.com)**

Concepts of Individual and Dual Sports

Camden County College

**Name:**

**Movement Being Taught-**

**Grade Level** *(assume the class will have students at all levels of fitness and skill)*

**(5) NJ Core Curriculum Standard** (Write it out and include number, list only those you are addressing in this lesson)

**Lesson Objectives:**

**(10) Psychomotor (movement):** *The student will be able to….… (explain the exact movements the student will be able to perform and the result they should get).*

**(10) Cognitive (knowledge) :** *The student will be able to…. (clearly explain the knowledge related to the fitness or motor skill movement)*

**(10) Affective:** *The student will***….** *(clearly explain the attitudes, teamwork, and values you want the students to have concerning and during the learning process)*

**(5) Warm-up (***List the exercises you will do for your warm-up. This should be 5 minutes in duration and should be specific to your lesson)*

**(5) Organization***-(how class will be organized in the gymnasium and in reference to equipment, courts, etc. how much equipment per student or groups of students) [See example on website-DiCiccohealth.weebly.com]*

**(10) Key Teaching Points/Cues-** *List and explain the THREE (3) key teaching points related to the correct performance of this skill (can go to four if needed). You need to analyze the skill and break it down into 3-4 key movements.*

*Use descriptive/picture words if possible. [See example on website-DiCiccohealth.weebly.com]*

**Procedure –**

1. ***(10) Introduction:*** *Introduce the movement/akill, put it in context strategically and in relation to health or other sport skills or fitness movements. Answer the following questions in the Introduction:*
2. **Why are you learning this skill?**
3. **What is the value of it in relation to a sport or other fitness activities ?**
4. **What are the health benefits of this activity?**
5. **How does it specifically improve your health?**
6. ***(10) Demonstration:***  *--Perform the skill (or have a student perform it) at least three times (DO NOT TALK)*

*--Repeat the skill three more times adding an explanation (TALK) of key points (see Key Teaching Points above)*

*--Repeat as needed*

***Total Demo should be a minimum of 6 repetitions.***

1. ***(10) FOR SPORT SKILLS***

***Practice/Drills:*** *--List at least three (3) practice or drill activities that:*

*(a) Break the skill down into* **parts** *(when performed in sequence together they should equate to the entire skill being performed correctly)*

*(b) Progressively become more challenging or competitive*

*(Make the drills game-like if the lesson is related to a sport)*

***(10) FOR FITNESS MOVEMENTS***

***Progressions:-***-*List* **several progressions** *that are easier and then progress to more difficult modifications of the movement. Adjust your teaching to the level of each student.*

1. *easy to perform*
2. *moderate level of difficulty*
3. *more difficult*
4. *most difficult*

***4. (10) Culminating Activity:*** *This should be challenging and exciting. It may also be competitive (i.e. game-like or teams/ individuals competing against each other or to achieve a goal)*

***5 . (5) Closure:* -** *(Review and Questions)—Review the three key teaching points and ask the students if they have any questions)*

(*Total Teaching Time 20-25 minutes)*

* ***Values in parenthesis equal the point values for grading purposes.***
* ***Omitting any of the above elements will result in a 10-30 point reduction.***
* ***The instructor is expected to maintain control over the group at all times***