**Teaching Plan Example**

**(DiCiccohealth.weebly.com)**

Concepts of Individual and Dual Sports

Camden County College

**Name: D. Student**

**Movement Being Taught: Pull-up Progessions**

**Lesson Objectives:**

**Psychomotor:**

**e.g. -** *The student will be able to successfully perform the modified and assisted pull-up using a supinated grip and proper*

*body mechanics*

**Cognitive:**

*The student will be able to locate, and explain the muscles utilized in this movement*

**Affective:**

*The student will exhibit positive and encouraging behavior towards others*

**Warm-up**

20 Jumping Jacks

10 trunk twists

15 arm circles in both directions

10 overhead stretches

**Organization***-*

Class will be in pairs facing the low bar on the squat racks.

**Key Teaching Points (modified pull-ups)**

1. ***Proper Grip****- Supinated (****underhand grip) , hands held shoulder width apart***
2. ***Legs Straight-*** ***Legs straight with the heels as the pivot point***
3. ***Concentric Phase- Pull body to the bar,*** *keep the legs extended, exhale*
4. ***Eccentric Phase- Slowly*** *and in a controlled manner* ***lower body to the starting position****, while inhaling*

**Procedure –**

1. ***Introduction:*** *-The pull-up is an excellent upper body exercise utilizing many muscles including the biceps, deltoids, trapezius, chest and latissimus dorsi.**This makes it an efficient exercise that requires little equipment. It is also a very good measure of one’s relative strength*
2. ***Demonstration:***  *--Instructor demonstrates the modified pull-up three time****s***

*--Instructor repeats the movement three more times adding an explanation of key points*

*Fourth demo – “my grip is underhand and shoulder width apart”*

*Fifth demo—“notice I exhale as I pull up”*

*Sixth demo- “notice a controlled slow, decent to the starting position”*

1. ***Practice/Progressions:***

*First Progression – Have partner one perform 5 modified pull-ups while partner two, encourages and cues his partner on the key points (switch roles and repeat)*

*Second Progression (DEMO) - Moving to the pull up bar, have student one perform three pull-up with assistance (support and pushing his partner with his hands on his partner’s hips) from his partner (switch and repeat)*

*Third Progression – Repeat drill no. two with the student’s performing five assisted pull-ups in a row*

1. ***Culminating Activity:***

*Have each student attempt to perform 1-5 pull-ups without assistance or ten assisted pull-ups if one unassisted pull-up is unattainable. The partner should cue and encourage his partner as he attempts to perform one unassisted pull-up*

***5 . Closure:* -**

***Instructor asks for questions, reviews the four key teaching points below:***

***Proper Grip****- Supinated (underhand grip) , hands held shoulder width apart*

***Legs Straight-***  *Legs straight with the heels as the pivot point*

***Concentric Phase-*** *Pull body to the bar, keep the legs extended, exhale*

***Eccentric Phase-***  *Slowly and in a controlled manner lower body to the starting position, while inhaling*

*“Next Class we will continue to improve our upper body strength by performing modified and unassisted pull-ups ”*