

<b>Date:</b>	<b>Time:</b> 30 minutes	<b>Grade:</b> 2	<b>Teacher:</b> Ms. Williams
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**Lesson #1**

**Provincial Learning Outcome:** B3 – demonstrate proper ready position for locomotor movement skills  
 B4 – demonstrate proper technique for performing specific manipulative movement skills including but not limited to the following ... striking an object with your hand.

Learning Outcome	Sources of evidence	Criteria
Students will be able to: 1. Demonstrate the ready position  2. Show how to strike an object (balloon) with their hand	1. Observation of student while performing ready position, Ticket out the Door  2. Observation of student’s technique as they strike the balloon	1. Student will show knees bent, feet shoulder width apart, arms bent and in front of body, head up  2. Student will strike balloon using left hand, right hand, both

Time	Student Activity	Class Organization
5 min	<p><b>Instant Activity</b>  <i>Simon Says:</i> Teacher calls out “Simon says” followed by an action. Students perform the actions. If only an action is called out then the students who performed the action must do 15 jumping jacks before joining the game again.</p>	
2 min	<p><b>Hook:</b>  <i>Did you know?:</i> In almost every sport that involves a player standing upright ready to move requires the same body position. It is called the ready position. Demonstrate the ready position for tennis, basketball, baseball and volleyball. Discuss similarities/differences.</p>	
5 min	<p><b>Series of Tasks:</b>  <b>Ready Position</b>                      Starting task: find a spot in the gym and move from standing into the ready position, repeat                      Cue: knees bent                      Task: jogging on the spot, assume ready position when teacher calls out “ready”                      Cue: feet shoulder width apart                      Task: jump into the air, land softly, assume ready position                      Cue: arms in front                      Pinpoint students who are demonstrating the ready position well.                      Challenge: how many times can you jump and assume the ready position in 30 seconds?                      Watch students and call out cues (knees bent, feet shoulder width apart, arms bent)                      Task: heads up drill                      (Stand in the ready position and watch the teacher for directions, teacher will point left, right, forwards, backwards)                      Cue: head up                      Challenge: heads up drill but quicker</p>	
7 min	<p><b>Balloon Play</b>                      Starting task: students throw balloon up in the air and keep it up any way they like                      Task: throw balloon up in the air and use your hands</p>	

<p>6 min</p> <p>5 min</p>	<p>Use right hand, left hand, both  Cue: reindeer antlers  Task: push the balloon higher, continuous hits  Challenge: keep the balloon up in the air but your feet must stay inside the hula hoop  Challenge: how many hits can you make in this position?</p> <p><b>Child designed game</b>  In a group of 3, see if you can make up a striking game with 1 or 2 balloons and 1 or 2 hula hoops. You must include at least one hit with your hands above your head (reindeer antlers). Your group needs to find their own space to work in.</p> <p><b>Closure</b>  Review of the cues for the ready position.  Ticket out the door: demonstrate the ready position.</p>	
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Equipment	Adaptations	Extensions
<p>1 balloon per student (18 total)  1 hula hoop per student (18 total)</p>	<p>Dependent upon the class. Most, if not all of the students will be at the beginner level.</p>	<p>Task: throw balloon up in the air and let it bounce off:</p> <ul style="list-style-type: none"> <li>• One arm, both arms, inside of arms</li> </ul>