

Date:	Time: 30 minutes	Grade: 2	Teacher: Ms. Williams
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Lesson #3

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 ... forearm and volley passes.

Learning Outcome	Sources of evidence	Criteria
Students will be able to: 1. Demonstrate the ready position 2. Show how to make a forearm pass 3. Demonstrate the volley pass 4. Identify how to treat someone with respect	1. Peer Assessment by using the task sheet 2. Peer Assessment by using the task sheet 3. Peer Assessment by using the task sheet 4. Thumbs up/down in response to teacher questions: Were you kind to your partner? Did you offer encouragement?	1. Student will show knees bent, feet shoulder width apart, arms bent and in front of body, head up 2. Student will have arms extended at waist height, thumbs together, knees bent, and contact ball with lower forearms, no swing of arms when contact is made with ball 3. Students will have hands above head and arms bent, thumbs near their forehead, gently push ball up with fingertips 4. Students will show a thumbs up (hopefully!)

Time	Student Activity	Class Organization
5 min	Instant Activity <i>Jump:</i> Students will jog around gym to the song “Jump” by Van Halen. When the word jump is heard, students will jump up in the air.	
1 min	Hook: <i>How are we going to use stickers in gym today?</i> Explain that in gym students will have a sheet with a list of tasks to complete. They will earn a sticker and receive a letter to decode a mystery word for every task they complete.	
2 min	Series of Tasks: Starting task: each student will stand in ready position and toss balloon to themselves, hit balloon with forearm pass	
5 min	Balloon Play Starting task: students toss balloon, volley and catch. Repeat. Cues: <ul style="list-style-type: none"> • Hands above head • Reindeer antlers Task: toss balloon volley once, catch. Toss balloon volley twice, catch. Toss balloon volley three times, catch. Challenge: how many times in a row can you volley the balloon?	

3 min	<p>Cues:</p> <ul style="list-style-type: none"> • Use fingertips to push ball in the air • Bend arms <p>Challenge: how high can you volley the balloon?</p>	
10 min	<p>Respect discussion</p> <p>What is respect? What does it look like? How does it make you feel?</p>	
3 min	<p>Task sheet</p> <p><i>Decode the mystery word:</i></p> <p>Students will complete 6 stations focusing on the ready position, forearm and volley passes. After the completion of each station, the students will receive a sticker and record the station letter on their task sheet.</p> <p>Closure</p> <p>Review the cues for the forearm (bump) pass. Thumbs up/down in response to teacher questions: Were you kind to your partner? Did you offer encouragement?</p>	

Equipment	Adaptations	Extensions
1 balloon per student (18 total) Task sheets (18) CD player Music <i>Jump</i> by Van Halen	Dependent upon the class. Most, if not all of the students will be at the beginner level.	Space ball: students are in groups of 4, each group with a balloon. Students stand side by side along a line. Student at one end of the line tosses the balloon and runs to the end of the line. The second student volleys the balloon and moves to the end of the line. Process is repeated until balloon hits the floor.

	<h2 style="text-align: center;">What is the Mystery Word?</h2>
	<p>Station #1 If you can jump up in the air and land in the ready position, 10 times in a row, then give yourself the letter "v".</p>
	<p>Station #2 If you can throw the balloon in the air and perform a cool trick by hitting the balloon with one hand, one foot and one arm (in any order) before catching it, then give yourself the letter "o".</p>
	<p>Station #3 If you can demonstrate to your teacher the position for the forearm (bump) pass AND run 5 laps around the gym, then give yourself the letter "l".</p>
	<p>Station #4 If you can volley a balloon, over your head using "reindeer antlers" 6 times in a row, then give yourself the letter "l".</p>
	<p>Station #5 If you and a partner can volley pass a balloon back and forth 6 times, then give yourself the letter "e".</p>
	<p>Station #6 If you can perform the forearm (bump) pass a balloon 4 times in a row while standing, sitting and then kneeling, give yourself the letter "y".</p>

CONGRATULATIONS! You have
decoded the mystery word.