

Week 1

Massachusetts Performance Standards

The students will: 2.8-Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.
2.9-Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, an accurate striking proficiency.

UNIT – FLOOR HOCKEY

1. Dribbling
2. Passing

Objectives (Students will...)

1. Students will be able to dribble the hockey ball around cones with 100% precision.
2. Students will be able to pass the hockey ball, with proper mechanics, to a stationary target 10 out of 10 passes.
3. Students will be able to pass the hockey ball, with proper mechanics to a moving target 7 out of 10 passes.

Essential Question

1. What are the proper physical mechanics for dribbling the hockey ball?
2. What are the proper physical mechanics for passing the hockey ball?

Mission and Expectations

1. Critical thinking skills.
2. Problem solving skills.
3. Motor skills.

Teacher Resources

1. Cones
2. Hockey sticks
3. Balls
4. Field

Media and Technology Resources

1. None

Evaluation/Activities

Lecture/Demonstration: Dribbling and passing the hockey ball.
Class work: Practice dribbling and passing the hockey ball.
Homework: None
Review: None
Quiz: None

Lesson Completion Date 02/05/10

Technology Used/ Date Used: NA

Completed By: Belmonte PE Department

Comments:

Week 2

Performance Standards

The students will: The students will:2.8-Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.
2.9-Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, an accurate striking proficiency.

Unit/Topic/Lesson
UNIT – FLOOR HOCKEY

1. Rules of Floor Hockey.

Objectives

1. Students will demonstrate knowledge of the rules while playing a game of Floor Hockey.

Essential Question

1. How do the rules help or hinder the flow of play of Floor Hockey?

Mission and Expectations

1. Critical thinking skills.
2. Problem solving skills.
3. Motor skills.

Teacher Resources

1. Cones
2. Hockey Sticks
3. Balls
4. Field

Media Resources

1. None

Evaluation/Activities

Class work: To be done on each topic/concept as needed for understanding.

Homework: None

Review: All weekly concepts.

Quiz: None

Lesson Completion Date: 02/12/10

Technology Used/ Date Used: NA

Completed By: Belmonte PE Department

Comments:

Week 3

Performance Standards

The students will: 2.8-Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.
2.9-Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, an accurate striking proficiency.

Unit/Topic/Lesson
UNIT – FLOOR HOCKEY

1. Offensive strategy for the game of Floor Hockey.
2. Defensive strategy for the game of Floor Hockey.

Objectives

1. The students will demonstrate understanding of basic offensive strategy when playing a game of Floor Hockey.
2. The students will demonstrate understanding of basic defensive strategy when playing a game of Floor Hockey.

Essential Question

1. How does the understanding of game strategy help a team achieve the goal of winning the game?

Mission and Expectations

1. Critical thinking skills.
2. Problem solving skills
3. Motor skills.

Teacher Resources

1. Hockey sticks
2. Balls
3. Cones
4. Field

Media Resources

1. None

Evaluation/Activities

Class work: To be done on each topic/concept as needed for understanding.
Homework: None
Review: All weekly concepts.
Quiz: None

Lesson Completion Date: 02/26/10

Technology Used/ Date Used: NA

Completed By: Belmonte PE Department

Comments:

Week 4

Performance Standards

The students will: 2.8-Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.
2.9-Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, an accurate striking proficiency.

Unit/Topic/Lesson
UNIT – FLOOR HOCKEY

1. Games

Objectives

1. Students will apply skills learned from previous lessons to a competitive game situation.

Essential Question

1. Can students apply skills learned to a game situation?

Mission and Expectations

1. Critical thinking skills.
2. Problem solving skills.
3. Motor skills.

Teacher Resources

1. Floor Hockey Sticks
2. Balls
3. Cones
4. Frisbee
5. Field

Media Resources

1. None

Evaluation/Activities

Class work: To be done on each topic/concept as needed for understanding.
Homework: None
Review: All weekly concepts.
Quiz: None

Lesson Completion Date: 03/05/10

Technology Used/ Date Used: NA

Completed By: Belmonte PE Department

Comments:

