

Physical Education
Lesson Planning Form

IF YOU WANT TO SKIP TO THE DIRECTIONS SCROLL TO THE BOTTOM

I. Major Topic: Pin Knock Over

Grade Level: PreK-8

II. Materials: Pins and dodgeballs

III. PE Standards:

Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 4: Exhibits responsible, personal and social behavior that respects self and others.

Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

IV. Objective(s):

By the end of the lesson, the students will:

- Practice their **throwing skills** by stepping with one foot and throwing with the opposite hand when playing the pin knock over game.
- Use their **aiming skills** while throwing at the pins to try to knock them over!
- Practice **bowling skills** by **rolling and aiming** to knock down the pins.
- Demonstrate **defensive skills** by guarding the pins from being knocked over.

V. Procedures:

Steps/Learning Activities/Differentiated instruction

1. Attendance
2. Warm-up- 2 minute run for 5-8

PreK-4 will do the following

- a. 10 Jumping jacks
- b. 10 line jumps
- c. 10 high knees
- d. Windmill toe touches
- e. Plank ABC's
- f. 10 Crab kicks
- g. 10 bicycles

3. Pin Knock Over Directions

- Divide the class into two teams.

-Each team should have an equal amount of pins on their side. I like to use 4 pins on each side.

- One person is allowed to guard each of the pins. They must be 2 steps away from the pin and they are not allowed to touch the pins with the hands or feet to try to keep it from falling.

- The goal is to knock down the other team's pins by throwing or rolling the balls at the pins.

- Student's are not aiming to hit each other with the dodgeballs, this is an aiming game at the pins!

-If a student does get hit with the ball, the person who hit them has to do 10 jumping jacks before returning to the game.

-The first team to knock down all 4 pins wins!