

Standards-Based Lesson Plan

<i>Instructor:</i>	<i>Grade Levels:</i>	<i>Subject: Physical Education</i>	<i>Date:</i>
SHAPE National PE Standards	Time Frame of Unit: 10 Days	Learning Targets	
S1.E1 - Combines traveling with manipulative skills for the execution of a skill (running and throwing, kicking and running) S1.E2 - Runs for a distance using a mature pattern S1.E14 - Throws overhand to a partner or at a target with accuracy at a reasonable distance. S1.E16 - Catches a batted ball above the head, at chest or waist level, and along the ground using a mature pattern S2.E5 - Strikes a pitched ball with a bat using a mature pattern S3.E2 - Engages actively in all activities of physical education S4.E2 - Participates with responsible personal behavior in a variety of physical activity contexts, environments, and facilities		<ul style="list-style-type: none"> Students will be able to catch and throw a baseball/softball using basic proper form Students will be able to successfully throw and catch a ball with a teammate 50% of the time The student will be able to hit a thrown ball 50% of the time The student will be able to follow the basic rules of basketball games 75% of the time 	
Key Concepts	I Can Statements	Differentiation	
<ul style="list-style-type: none"> Basics of Throwing a Baseball/Softball Basics of a Catching a Baseball/Softball Basics of Hitting a Ball in Baseball/Softball Defensive Basics in Baseball/Softball Individual Responsibilities in Baseball/Softball Understanding Basic Rules of Baseball/Softball Games 	<ol style="list-style-type: none"> I can explain the basic rules of baseball/softball games I can throw a baseball/softball with accuracy to a teammate I can catch a thrown ball from a teammate I can hit a ball that is pitched to me I can play defense and run bases in baseball/softball 	<ul style="list-style-type: none"> Students will be given the option to choose different activities after learning the basics of various baseball/softball games These include various small-sided baseball/softball build-up games or warm-up style games that students may enjoy 	
Warm-Up Activities	Skills Instruction	Activities and Games	
<ul style="list-style-type: none"> Whole Class Dynamic Warm-Ups Partner Toss Base Running Relay Ground Ball Game Partner Long Toss Fly Ball Game Baseline Tag 	<ol style="list-style-type: none"> Basic Rules of Baseball/Softball Basics of Throwing a Ball Basics of Catching a Ball Basics of Hitting a Ball with a Bat How to Play Defense in Baseball/Softball How to Be an Active Participant in Baseball/Softball Games 	<ol style="list-style-type: none"> Wall Target Toss Bucket Ball Sink the Ship Knock Over Ball Beach Ball Baseball 	<ol style="list-style-type: none"> Defense Scores Softball Soft Toss Baseless Softball Tennis Ball Softball Wiffle Ball Softball/Baseball
Assessments	Alternate Activities	Evidence of Mastery	
<ul style="list-style-type: none"> The teacher will use a performance-based grading rubric and student self-assessments to evaluate students Baseball/Softball games and activities should be fun for all students, evaluation will include this ideal 	<ul style="list-style-type: none"> Baseball/Softball Games <ul style="list-style-type: none"> Students may choose games played in previous lessons and activities Non-Competitive Activities <ul style="list-style-type: none"> Running, Tagging, and Evasive Games 	<ul style="list-style-type: none"> Students will demonstrate mastery by being able to play and contribute to small-sided baseball/softball games successfully Student mastery is shown by being an active participant in baseball/softball games 	