

**Bachelor of Education (Elementary) &
Bachelor of Education (Secondary) STEM
Lesson Plan**

Lesson Title:	California Kickball	Lesson #:	1/3	Lesson Date:	October 3, 2024
Name:	Abby Nikkel and Kendra Day	Subject:	PE	Grade(s):	5

Rationale:

Our activities purpose is for the students to consistently be moving their bodies while also working with a team of fellow students to see who can win the most points. This activity is helping the students become comfortable kicking a ball and catching a ball when it comes flying at them. They will also be encouraged to cheer on their fellow teammates to promote a positive and accepting environment for students to have fun.

Core Competencies:

Communication	Thinking	Personal & Social
<p>Connecting and Engaging with Others</p> <ul style="list-style-type: none"> - Students will communicate and cheer each other on while running from base to base. <p>Working Collectively</p> <ul style="list-style-type: none"> - The “teacher” throwing the ball will communicate with the students to make sure they are ready for the ball to be rolled to them. 	<p>Analyzing and Critiquing</p> <ul style="list-style-type: none"> - Students will have to think about how hard or soft they want to kick the ball as well as if they want to kick it left or right. <p>Reflecting and Assessing</p> <ul style="list-style-type: none"> - Students will also have to think if they are going to run or stay put on the base they are on. 	<p>Recognizing Personal Values and Choices</p> <ul style="list-style-type: none"> - Students comprehend the links between social and personal behavior and wellbeing by making judgments and acting upon them in relation to personal and team success.. <p>Building Relationships</p> <ul style="list-style-type: none"> - Students will work to create an inclusive, welcoming gym where their peers feel secure and a part of the community.

Big Ideas (Understand)

- Daily physical activity enables us to practice skillful movement and helps us develop personal fitness.
- Developing healthy relationships helps us feel connected, supported, and valued.
- Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle.
- Knowing what we enjoy doing and knowing about our opportunities to participate in those activities helps us develop an active lifestyle.

Learning Standards

(DO)	(KNOW)
-------------	---------------

Learning Standards - Curricular Competencies	Learning Standards - Content
<ul style="list-style-type: none"> - Gain and use a range of basic movement abilities in a range of physical activities. - Identify and put into practice strategies that foster a secure and compassionate atmosphere. 	<ul style="list-style-type: none"> - How to engage in various forms of physical exercise. - Discover the advantages of exercise and physical activity.

Instructional Objectives & Assessment

Instructional Objectives (students will be able to...)	Assessment
<ul style="list-style-type: none"> ● Students will be able to run and kick a ball while showing their competitive side by shooting for the win. ● Work on motor skill development. ● Students will cheer on their teammates while discovering the advantages of exercise and doing it in a team setting. 	<ul style="list-style-type: none"> ● Students will be assessed by participating and cheering on their teammates. ● We will ensure that everybody gets to kick the ball. ● Students will also be assessed by their efforts to try to play and learn a new game.

Prerequisite Concepts and Skills:

<ul style="list-style-type: none"> - Kicking a ball - Catching a ball - Running from base to base - Having a positive attitude - Cheering on your teammates

Indigenous Connections/ First Peoples Principles of Learning:

<p>Our principle: Learning requires exploration of one's identity.</p> <ul style="list-style-type: none"> - Identity is important because everyone needs to know their own limits. - Identity is what connects people to one another and their community, which comes in handy when playing a team sport like kickball. - Discovering one's place in the world and being able to identify all the elements that influence an individual's self-image are essential components of their identity and their ability to participate in sports like kickball. - When we understand our identities we are able to use our strengths to support others in every aspect of life, including team sports and the emotional concepts that come along with them. <p>These elements include their fundamental skills and learning abilities, as well as their strengths and challenges.</p>

Universal Design for Learning (UDL):

<ul style="list-style-type: none"> - Utilize two fields to make one game low impact and the other higher impact. For example, on one field everybody has to walk, skip, or lightly jog, and on the other field everybody can run. - Kicking the ball can be a choice between kicking a rolling ball or kicking a stationary ball.

Differentiate Instruction (DI):

- Use a visual aid of a kickball field to explain how the games work including the roles of each player and the mechanics of the game.
- Explain kickball verbally to all the students once we get to the gym.

Materials and Resources

- Access to the Gym or Outdoor Space
- Ball
- Bases/hula hoops
- Bell/Whistle

Lesson Activities:

Teacher Activities	Student Activities	Time
Introduction (anticipatory set – “HOOK”):		
Lead a stretching circle and get students physically ready for warm up game and kickball. While stretching, explain cat and mouse to students.	Follow the teacher's lead in the stretch circle and listen to instructions for the warm up game.	8 mins.
Instruct students to set up kickball and explain the rules and expectations of the game if not gone over beforehand. Check understanding before the game commences.	Set up kickball materials as instructed and gather to listen to instructions before the game begins.	2 mins.
Separate students into teams, instruct them to come up with a creative team name, then begin the game. Encourage students throughout the game to cheer for each other! Each of us will be the pitcher for one of the games so the students get to kick and be in the outfield. Observe students as they play and take note of effort, understanding, and participation.	Be sorted into teams and come up with a creative team name. Cheer for themselves and their classmates as they begin to play the game. Participate in the game by following instructions, rules, and expectations all while enjoying the activity and the gym with their classmates.	20 mins.
Instruct a cool down: if we were doing a cool down we would start with a few laps walking around the gym to slow down their heart rates and then do some stretches to help relax their muscles.	The students will follow the next group on a walk to the KGTC for our cool down today. Otherwise they would follow our instructions for the chosen cooldown.	2 mins.

<p>We won't be doing a cool down in the gym as we will be walking over to the KGTC.</p> <p>Take away message: By encouraging our classmates and believing in ourselves we can all have fun in PE!</p>		
<p>Instructing kids to help put equipment away.</p> <p>Giving them a high five out the door for all their hard work.</p>	<p>Some students will help put away equipment while other students will be getting their backpacks and a high five on their way out of the gym.</p>	<p>2 mins.</p>

Cross Curricular:

- Playing kickball at the level we plan to play it will increase students heart rate and respiratory rate so we can use this to connect to biology and physical health.
- We can also pinpoint the muscles students are using to kick, run, and throw, and explain how exercising different muscles is important for bodily health and movement.

Organizational Strategies:

- Bell used to get the attention of students when we needed their attention (before the game for instructions and expectations and when our time in the gym was up for cleanup).
- Get each team to collect items from the storage room and set them up in the way we talked about in class prior to our gym time.

Proactive, Positive Classroom Learning Environment Strategies:

- Students will use skills like independently listening and following instructions in order to understand and enjoy California kickball.
- They will also work as a team towards a common goal and helping each other succeed.

Extensions:

- Skills like kicking, pitching, catching, and running can be carried over to other sports like baseball, soccer, football etc.
- Cheering and teamwork strategies, like communication and group encouragement, can be taken into every aspect of group work, whether that be in the classroom or outside of school.
- The concept of California kickball can also be developed into a more advanced game like actual baseball or using different materials like a tennis ball and racket instead of a kickball.