

SHS Adv PE Lesson Plans

Unit: **Orientation**
 Teacher: **Wack**

Date: **August 16th, 2000**
 Standards: **1, 5, 6**

Objectives:	Activity:	Equipment:	Closure/Evaluation:
<p>The students will:</p> <ol style="list-style-type: none"> 1. Obtain locks and lockers for personal use during the school year. 2. Understand the rules and regulations associated with PE (Gym & Locker Room) 	<p>5 minutes: Students assemble an introduction of teacher and student teacher.</p> <p>20 minutes: Check out locks and lockers. Organize into squads</p> <p>15 minutes: Discuss class rules & regulations (Gym & Locker Rooms)</p> <p>7 minutes: Closure</p>	<p>Pencils Locks Locker registrar</p>	<p>Test locks Review gym and locker rules – thumbs up and down.</p> <p><u>Announcements:</u> Thru/Fri Aug. 17th & 18th will be PE rules and orientation.</p> <p>*First PE dress out day Tuesday Aug. 22nd/23rd. 2000.</p>

Unit: **Orientation / PE power point presentation**
 Teacher: **Wack**

Date: **August 17th & 18th, 2000**
 Standards: **5 & 6**

Objectives:	Activity:	Equipment:	Closure/Evaluation:
<p>The students will:</p> <ol style="list-style-type: none"> 1. Identify and process the rules and regulations through a Physical Education power point presentation. 2. Demonstrate cooperative skills during and introductory activity. 	<p>5 minutes: Roll call</p> <p>30 minutes: Power point presentation: Rules and Regulations for PE, Wts., and Dance.</p> <p>20 minutes: Quiz – Rules and Regulations</p> <p>30 minutes: Introductory Activity: Team Building</p> <ol style="list-style-type: none"> a. Getting to know your interviews. b. Introduction of classmate. <p>2 minutes: Closure</p>	<p>LCD projector</p> <p>Computer (Lap top)</p> <p>Power point presentation</p> <p>PE Handbooks</p> <p>Worksheet papers</p> <p>Paper – for notes</p> <p>Pencils</p>	<p>Q & A throughout presentation</p> <p>Worksheets turned in for correction.</p> <p>Introduction of partner after interviews.</p> <p>Monitor</p>

Unit: **Spring Orientation / Bowling Unit**
 Teacher: **Wack**

Date: **January 8th, 2001**
 Standards: **1, 4, 5, 6**

Objectives:	Activity:	Equipment:	Closure/Evaluation:
<p>The students will:</p> <ol style="list-style-type: none"> 1. Obtain locks and lockers for personal use during the school year (new students). 2. Identify the rules and regulations associated with PE. (Gym & Locker Room) 3. Review the proper rules and regulations for the bowling alley. 4. Identify and practice the 4-step approach for bowling. 	<p>5 minutes: Students assemble an introduction of teacher and new students into role call order.</p> <p>15 minutes: New semester Information</p> <ul style="list-style-type: none"> - Hand out locks and lockers. - Discuss class rules & regulations (Gym & Locker Rooms) - New students read and quiz on the PE rules and regulations. <p>20 minutes: Bowling Unit</p> <ul style="list-style-type: none"> - Review PP rules and regulations for the bowling alley. - Demonstrate proper ball placement. - Demonstrate 4 step approach - 4 line to practice with plastic pins and rubber bowling balls. <p>7 minutes: Closure</p>	<p>PE handbook Rules quizzes Pencils Locks Locker registrar Rubber bowling balls Pins</p>	<p>Test locks and locker for use</p> <p>Review and quiz over PE rules and regulations</p> <p>Review Gym & Locker rules</p> <p>Review bowling alley rules</p>

Unit: **Bowling**
 Teacher: **Wack**

Date: **January 9th through 12th**
 Standards: **1, 3, 5, 6**

Objectives:	Activity:	Equipment:	Closure/Evaluation:
<p>The students will: review on bus to alley and back.</p> <ol style="list-style-type: none"> 1. Identify the rules and regulations of bowling alley and games. 2. Review and discuss bowling techniques and scoring, electronic and hand scoring. 	<p>7 minutes: Roll call on bus to bowling alley.</p> <p>60 minutes: Bowling games</p> <ul style="list-style-type: none"> - Follow rules discusses on the first day of week. - Try to bowl at least 2 games - Record scores with teacher after each game. - Work with students needing assistance. <p>10 minutes: Closure</p> <p>10 minutes: Drive back to school</p>	<p>Bowling balls Bowling Shoes Roster sheet for game scores.</p>	<p>Clean up after bowling: put away balls and shoes. Pick up trash and take any personal items you brought with you.</p> <p>Record game scores with teacher after each game.</p> <p>Monitor and Adjust bowling techniques.</p>

Unit: **Bowling**
 Teacher: **Wack**

Date: **January 16th through 19th, 2001**
 Standards: **1, 3, 5, 6**

Objectives:	Activity:	Equipment:	Closure/Evaluation:
<p>The students will: review on bus to alley and back.</p> <ol style="list-style-type: none"> 1. Review the rules and regulations of bowling alley and games. 2. Review and discuss bowling techniques and scoring. 3. Identify the good games throughout classes. 	<p>7 minutes:</p> <ul style="list-style-type: none"> - Roll call on bus to bowling alley. - Discuss rules and regulations in alley. <p>60 minutes: Bowling games</p> <ul style="list-style-type: none"> - Follow rules of bowling alley - Head to head competitions. - Try to bowl at least 3 games - Record scores on scorecards and return to teacher. <p>10 minutes: Closure</p> <p>10 minutes: Drive back to school</p>	<p>Bowling balls Bowling Shoes Score cards Pencils</p>	<p>Clean up after bowling: put away balls and shoes. Pick up trash and take any personal items you brought with you.</p> <p>Record game scores and return score cards to teacher</p> <p>Monitor and adjust when needed.</p>

Unit: Bowling
 Teacher: Mary J. Wack

Date: January 22nd, 2001
 Standards: 1, 2, 5, 6

Objectives:	Activity:	Equipment:	Closure/Evaluation:
<p>The students will:</p> <ol style="list-style-type: none"> 1. Identify how to manually score a game of bowling. 2. Complete scoring worksheet. 3. Demonstrate in front of the class one game score. 	<p>5 minutes: Roll call and explain objectives for the day.</p> <p>40 minutes: Bowling scoring</p> <ul style="list-style-type: none"> - Bowling scoring assignment papers - Demonstrate on overhead one game *Randomly - With partners work on scoring - Hand in when finished. <p>2 minutes: Closure</p> <p>* I will number 1-15 on my paper the student groups will have a calculator. Each calculator has a number they will be assigned randomly by the calculator number who demonstrates which score.</p>	<p>Overhead projector</p> <p>Overhead sheet, with bowling scores on it.</p> <p>Erase pens</p> <p>Assignment papers</p> <p>Pencils</p>	<p>Each group comes up a fills in one games score, explaining it as they write it in.</p> <p>Rest of class corrects their scores</p>

Unit: **Bowling**

Date: January 23rd through 24th, 2001

Teacher: **Wack**

Standards: 1, 2, 3, 6

Objectives:	Activity:	Equipment:	Closure/Evaluation:
<p>The students will: review on bus to alley and back.</p> <ol style="list-style-type: none">1. Review and discuss bowling techniques and scoring.2. Identify whom they will play against today.3. Identify the tournament winners on brackets throughout classes.	<p>7 minutes:</p> <ul style="list-style-type: none">- Roll call on bus to bowling alley.- Discuss rules and regulations in alley.- State who they will be playing against today. <p>60 minutes: Bowling Tournament</p> <ul style="list-style-type: none">- Follow rules of bowling alley- Singles tournament competitions<ul style="list-style-type: none">– Three brackets according to averages.- Try to bowl at least 3 games- Record scores on scorecards and return to teacher to add to bracketing <p>10 minutes: Closure</p> <p>10 minutes: Drive back to school</p>	<p>Bowling balls Bowling Shoes Score cards Pencils Tournament bracketing</p>	<p>Clean up after bowling: put away balls and shoes. Pick up trash and take any personal items you brought with you.</p> <p>Record game scores and return score cards to teacher for bracketing</p> <p>Monitor</p>