

Daily Lesson Plan
Skill Evaluation and Individual Exercise Plan

Illinois Learning Standards:

19. Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.

19.A) Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities.

20. Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.

20.A) Know and apply the principles and components of health-related fitness.

21. Develop team-building skills by working with others through physical activity

21.A) Demonstrate individual responsibility during activities

NASPE Standards:

Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

Class: PE II/III Team Sports/Strength and Conditioning

Equipment: Students cell phone, video camera, individual sports equipment (baseball bat, golf club, football, basketball, etc) and access to a computer with internet.

Setting: Gym and computer lab

Lesson Objective: Students will use technology (Ubersense, Coaches eye, Coach my Video, or any other sports analysis app) to evaluate a skill of their choosing. Students will then analyze and determine areas of weakness and strengths. Students will also research and create a individual training plan specific to their skill or sport. Students are expected to use information that has been present throughout the course to help them complete this assignment. Previously in this course students were introduced to different exercises for improvements in both strength and agility. Students will be encouraged to use the skills that have been present to them throughout the course.

Lesson Activity 1: Previous to lesson students should choose a skill. This could be a skill in a sport they are currently playing or just a skill they would like to learn. Students should research the skill and break it down into a minimum of 4 smaller steps. These four steps should be critical when performing the skill.

Lesson Activity 2: Students will work with a partner, preferably one with a similar skill, and record their skill. Students without the proper technology can use a video camera and import video into program. Once video is created, students should use the step by step breakdown of skill to compare and analyze their skill. Students will report their findings to teacher for approval.

Lesson Activity 3: Individual Training Program

After analyzing their video, students should identify an area of weakness, or any area in which they would like to improve. The training program is the another research portion of this project and it may not be related to the area of weakness identified.

Students will research and use class notes and create a training program for their skill or sport. An example training plan will be presented by teacher so students have an example of what is expected. The training program should include exercises to improve strength and agility of skills needed for selected sport.

Resources:

Class notes

Teachers

Training plan examples:

Baseball: <http://www.sport-fitness-advisor.com/baseball-weight-training.html>

Basketball: <http://www.coachlikeapro.com/weight-training.html>

Volleyball: <http://www.huskers.com/ViewArticle.dbml?ATCLID=205408173>

