

**Fairfield Middle School**

*Weekly Lesson Plans*

|  |  |  |  |
| --- | --- | --- | --- |
| **Name:** | Colby Coulter | **Week:** | Sept 12-16, 2016 |
| **Course:** | PE - Handball | **Period(s):** | 2,3,7,8 |

|  |  |
| --- | --- |
| **Essential Question:** (should be broad and not easily answered) | What are the skills, tactics, and rules associated with handball and how do they relate to other Invasion games? |
| **Standard(s):**  (please write out standard and indicator) | (P) TSWBAT demonstrate the tactic of creating open space using a variety of passes and feints during a 3v2 scenario and full game. (8-1.1) |
| (P) |
| (C) TSWBAT identify and explain the rules surrounding a foreign game to them both during gameplay and a written quiz. (8-2.1) |
| © |
| (A) TSWBAT accept possible differences on a team and work together to find success while playing handball. (8-4.1) |

|  |  |
| --- | --- |
| **Monday** | |
| **Instructional Activities:**  (Should include warm-up, instructional strategies, closure, assessment, etc.) | Pre-Quiz on Handball Knowledge  Set-up: Meet teacher at the whiteboard  Lesson Focus - Introduction to handball rules  Handball is a popular sport in Europe due to its’ high intensity and fast paced play   * Invasion Game - invading opponents territory to score * Mix between ice hockey, basketball, and soccer * Two teams of 7 players (6 + goalie) * Score is 1 point w/ leather gopher sized ball * 2 Halves * 6 meter line creates goal zone where only the goalie is allowed * Travel in 3’s : 3 seconds to have the ball while stopped and 3 steps without dribbling (double dribble - dribble fault) * Defense can have no obstruction to a shot (shooting foul) |
|
| Lesson Focus - Dribbling, passing,   * This dribble is more of a catch and drop (not like basketball) * The main way to travel up and down the court is through a series of quick passes between you and your teammates |
|
| Practice: Modified game - Passing   * 2 - 5 minute halves * Must pass 3 times with a teammate before shooting (including turnovers)   Breakdown: How does passing help? Was passing or dribbling easier to move? Why? What is working defensively?  Individual practice: Group of 3-4   * Work on 2 v 1 situation where passing is key to shoot * Rotate with each shot   Game: No modifications   * 2 halves focus on passing and dribbling |
|
| Assessment: Verbal - Handball Pre-Test  Vocabulary: Dribble, 3 second rule, 6 meter line, halves, obstruction, invasion game |
|
|  |
|
|  |
|
| **Homework:** | N/A |
| **Materials Needed:** | 4-8 gopher balls, 4-8 nets |
| **Notes:** |  |
|  |

|  |  |
| --- | --- |
| **Tuesday** | |
| **Instructional Activities:**  (Should include warm-up, instructional strategies, closure, assessment, etc.) | Warm- up: Long toss  Cues - Throwing (step in opposition, 90 degerees, release high, FT) Catching (low - pinkies touch, high thumbs touch)   * Students will partner up and begin standing close to one another * With each completed pass of a ball, back and forth, the students will take 1 step back * How far can you go? Drop the ball and take a step forward.   Modification : change the ball used, must always be underhand/overhand catch  Questions: What is the more effective throwing method for short passes? Long? |
|
| Review: game rules and set-up   * Court set-up and traveling rules * Obstruction on defense |
|
| Lesson Focus: shooting/defensive wall  Feints are a key tactic in shooting as well as the jump.   * Feints (fakes) are used to move defenders out of place * Jump is used to move closer to the goal * 2 types of shots: direct/bounce |
|
| Practice: Groups of 3-4   * 1 goalie * Practice shooting from outside of the 6 meter line using a jump * Add a defender and practice feints   Rotate as needed  Game: 2 halves |
|
|  |
|
| Vocabulary: Feint, direct/bounce shots |
|
| **Homework:** | N/A |
| **Materials Needed:** | 4-8 balls and goals |
| **Notes:** |  |
|  |

|  |  |
| --- | --- |
| **Wednesday** | |
| **Instructional Activities:**  (Should include warm-up, instructional strategies, closure, assessment, etc.) | Warm-up: Modified Game   * Only have 1 person on opponent's side of the court to score |
|
| Lesson focus: Defensive Wall   * Teams create harder shooting opportunities by creating wall around the 6 meter line * This prevents clear line of sight and makes the shot more difficult |
|
| Practice: groups of 3-4   * Single shooter * 2-3 create wall * 1 goalie * Shooter attempts to feint/jump through or around wall   Game: 2 halves |
|
| Assessment: Review questions:   * Objective of the game? * Keys to success? * Keeping note of surroundings? * Speed, agility? * Defense? |
|
| Vocabulary: Wall |
|
|  |
|
| **Homework:** | N/A |
| **Materials Needed:** | 4-8 balls and whiteboards |
| **Notes:** |  |
|  |

|  |  |
| --- | --- |
| **Thursday** | |
| **Instructional Activities:**  (Should include warm-up, instructional strategies, closure, assessment, etc.) | Warm-Up: Shooting Lines   * Passes to shooting * Add single and double defender |
|
| Multi-Team small gameplay 3v3-4v4   * 2 10 min halves * switch to play winner v winner, Loser v Loser |
|
|  |
|
| Assessment: Review Questions:  Keys to success?  Differences from regular play?  Tactic? |
|
|  |
|
|  |
|
| **Homework:** | Study for Handball Quiz |
| **Materials Needed:** | 4-8 balls and nets |
| **Notes:** |  |
|  |

|  |  |
| --- | --- |
| **Friday** | |
| **Instructional Activities:**  (Should include warm-up, instructional strategies, closure, assessment, etc.) | Warm-up: Passing and shooting Lines |
|
| Large game :   * 2 teams with two substitute options * 2 - 20 minute halves |
|
|  |
|
| Assessment: Handball Quiz |
|
|  |
|
| Assessment: Teacher monitors skills, tactics and rule following of each student and provides individual feedback. |
|
| **Homework:** |  |
| **Materials Needed:** | 1 ball/2 nets |
| **Notes:** |  |
|  |