



Fairfield Middle School
Weekly Lesson Plans

Name:	Colby Coulter	Week:	2017-2018
Course:	PE - Dodgeball	Period(s):	2,3,7,8

Essential Question:	What are the skills, tactics, and rules associated with Dodgeball and how can they relate to other sports we've covered thus far?
Standard(s): SCAPES	(P) TSWBAT demonstrate offensive and defensive tactics related to Dodgeball in both modified and full game scenarios. (8-2.1)
	(P) TSWBAT perform catching and throwing cues in both an open and closed environment. (8-3.1)
	(C) TSWBAT comprehend a variety of rules for multiple games in a short amount of time. (8-2.4)
	© TSWBAT describe the necessity for safety in dodgeball and rules that can be followed to create a safe environment. (8-2.6)
	(A) TSWBAT recognize the signs of bullying and explain how keeping a safe environment allows all students to feel successful. (8-4.1)

Lesson #1 Dodgeball Basic Skills (Day 1)

Instructional Activities: (Should include warm-up, instructional strategies, closure, assessment, etc.)	Warm-Up
	<p><u>Cardio:</u> 1-5 minutes of walking followed by jogging (30-90 secs)</p> <p><u>Flexibility:</u> Static - R/L hamstring, butterfly, ITB stretch; Dynamic - Knee to chest, quad pulls, straight leg kicks, high knees, butt kicks</p> <p><u>Muscular Strength:</u> Push-ups (5-12)</p> <p><u>Muscular Endurance:</u> Curl-ups (8-24)</p> <p><u>BMI:</u> (optional) Height/weight check on own</p> <p>RUN OUT! (Transition to Beginning Formation)</p>
	<p style="text-align: center;">Lecture and Demonstration: Dodgeball Introduction (6 minutes)</p> <p>Dodgeball is a fun team game that requires very few, basic skills to be successful in. During a game a of dodgeball, you will use these skills: catching, throwing, and dodging. You can also use these optional skills: deflections, blocking, and fakes. We will aim to keep our environment safe for all players during this unit. So, listen to our unit motto..."AIM AT FEET". You will hear me say this 100 times or more as we continue through our lessons. This is not only a way to keep everyone safe in here, but is also a good strategy. Catching a lower thrown ball is certainly harder than one that is delivered directly to the chest. So...</p>

AIM AT FEET!!

Teacher Lecture : Dodgeball Skill

- Throwing Cues
 - Side to target
 - “T” (point to target, ball by ear)
 - Step, Release, Follow Through
- Catching Cues
 - Ready position (feet shoulder width, shoulders square, hands up)
 - Above the waist: Thumbs and pointers create a triangle, break with ball, bring to chest
 - Below the waist: Pinkies touch, break with ball, bring to chest

Student Practice: Warm-up w/ partner (5 minutes)

Students will pass back and forth with a partner practicing the cues above. After every 10 completions, students may take one step back.

*Remind students that “game scenario practice” should be used. Players should not make throws longer than 20 meters. This is a poor tactic in dodgeball and can lead to you being caught out.

Student Gameplay: 1v1 Dodgeball (15 minutes)

Set-up/Rules:

- Students will line up on lines roughly 15 meters from a partner with 1 ball per pair. (demonstration followed by practice)
 - Objective is to score a point by getting your teammate out. Most points at the end of time wins.
 - All throws must be made below the waist. A miss, waist or higher hit, or catch results in a point for the other player.
 - A hit made below the waist or the partner moving off of their line to dodge is a point for the thrower.
 - 2 minutes per pair followed by a rotation for 5 rounds.

AIM AT FEET!!

Health Addition: Bullying

Did everyone enjoy our dodgeball lesson? That’s good. Understand that while dodgeball can be fun, it is only fun because we ALL had the opportunity to play and then leave feeling like we were a part of a fun game. In the past, this hasn’t always been the case. Some schools limit, or ban, dodgeball because of its ties to bullying. Dodgeball is seen, by some, to be a “targeting” sport where students that are considered low level or unpopular are ganged up on and physically attacked. This action is a form of bullying. Whether it be one person consistently attacking another student or multiple people ganging up on one student, for the enjoyment of their humility. That is bullying. It is extremely important that as a class we recognize that

	bullying is unacceptable. If everyone isn't having fun, then we are not creating the right environment in here. If someone feels left out or picked on, we are not creating the right environment in here. So, play and have fun doing these activities that we enjoy so much, but make sure we (as a team) are all leaving happy and successful.
	<u>Formative Assessment</u>
	1. Teacher will provide <u>corrective feedback</u> on comprehension and practice of throwing cues, catching cues, and safety concerns (throw at feet). .
Lesson Accommodations/Modifications:	LOW: students will remain closer to their partners; a cue sheet will be provided AVG: students will adjust their distance as needed, slowly increasing power and speed of throws; may need to review cues HIGH: students will begin at a further distance for practice and progress faster with speed and power during throws; students will mentor and coach low level students as needed
Equipment Needed:	1 dodgeball needed per pair.
Notes:	AIM AT FEET! Repeat this 100 times and be sure to speak with students who are "bending the rules". It is important to keep the environment safe for all students. We want everyone to leave with positive memories of dodgeball.

Summative Assessment for Unit	Written test on rules, tactics, and syntax vocabulary terms related to dodgeball.

Lesson #2 - Dodgeball Rules for Team Play (Days 2&5)	
Instructional Activities: (Should include warm-up, instructional strategies, closure, assessment, etc.)	<u>Warm-Up</u>
	<u>Cardio:</u> 1-5 minutes of walking followed by jogging (30-90 secs) <u>Flexibility:</u> Static - R/L hamstring, butterfly, ITB stretch; Dynamic - Knee to chest, quad pulls, straight leg kicks, high knees, butt kicks <u>Muscular Strength:</u> Push-ups (5-12) <u>Muscular Endurance:</u> Curl-ups (8-24) <u>BMI:</u> (optional) Height/weight check on own <u>Sport Specific:</u> Passing with a partner; work up to "game speed"(5 mins). <u>RUN OUT! (Transition to Beginning Formation)</u>
	<u>Teacher Lecture & Demonstration:</u> Team Dodgeball Rules (5 minutes) The team set-up of dodgeball is very simple. Two teams lined up on opposite ends of the court. When a whistle is blown, the teams attack the midline in an attempt to get dodgeballs for their team. We know this already

	<p>because it is a common practice for most dodgeball games. Though, the rules for gameplay tend to vary depending on where and who you are playing with. AIM AT FEET!! Sorry, just wanted to make sure you were listening. Here are our rules for what I like to call “FMS Dodgeball”..super original title.</p> <ul style="list-style-type: none"> ● We play 4 minute games that end in a 1 minute “blitz” period. “Blitz” allows you to cross the midline and move up to the opponents attack line. ● When running to get a ball at the beginning of the game you may take a 1 step over the line. You must also return to the attack line before throwing at an opponent. ● If a catch is made on your throw, you are out and a member from the catching team brings a player back in. ● The wall and backboards create a deadball (i.e. no catch out) ● You can get out by: <ul style="list-style-type: none"> ○ Hitting a player above the waist (not including arms or attempted catches) ○ Being hit (including attempted catches) ○ Volleys that hit a teammate and then you ○ A ball that you are using to block with is knocked out of your hand ○ You cross the midline ● We will play for 4 minutes or until all players are out for one team.
	<p style="text-align: center;"><u>Student Gameplay:</u> Team Dodgeball</p> <p><i>Rules are followed as listed above for 6-8 rounds including a 2 minute water break.</i></p> <p>Day 5: teams are teacher created and a best of 7 tournament is played as a summary of skills.</p> <p>AIM AT FEET!</p>
	<p style="text-align: center;"><u>Formative Assessment</u></p> <ol style="list-style-type: none"> 1. Teacher will provide <u>corrective feedback</u> on comprehension and practice of throwing cues, catching cues, rules, and safety concerns (AIM AT FEET).
<p>Lesson Accommodations/Modifications:</p>	<p>LOW: will be given regular direction and corrective feedback by teacher on throwing/catching cues and tactics to improve gameplay</p> <p>AVG: students will receive direction as needed by teacher; may require tactic direction and corrective feedback on catching/throwing cues</p> <p>HIGH: team captains; will be asked to challenge themselves by taking a coach role (directing teammates, acknowledging success, and giving corrective feedback)</p>
<p>Equipment Needed:</p>	<p>10 Dodgeballs</p>
<p>Notes:</p>	

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Summative Assessment for Unit	Written test on rules, tactics, and syntax vocabulary terms related to Handball.

Lesson #3 - Dodgeball Variations (Days 3&4)	
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<p>Instructional Activities: (Should include warm-up, instructional strategies, closure, assessment, etc.)</p>	<p style="text-align: center;"><u>Warm-Up</u></p> <p><u>Cardio:</u> 1-5 minutes of walking followed by jogging (30-90 secs) <u>Flexibility:</u> Static - R/L hamstring, butterfly, ITB stretch; Dynamic - Knee to chest, quad pulls, straight leg kicks, high knees, butt kicks <u>Muscular Strength:</u> Push-ups (5-12) <u>Muscular Endurance:</u> Curl-ups (8-24) <u>BMI:</u> (optional) Height/weight check on own <u>Sport Specific:</u> Passing with a partner; work up to “game speed”(5 mins).</p> <p><u>RUN OUT! (Transition to Whiteboard)</u></p> <p style="text-align: center;"><u>Student Game Play:</u> Dodgeball Battleship (25 minutes) Students will split up into 4 teams. Each will have a mat with a bowling pin at all 4 corners. Each battleship comes with 2 oars (noodles). All the dodgeballs (cannons) are spread out on the gym floor (ocean). <ul style="list-style-type: none"> ● Objective: collect cannons and fire them at opposing team pins. Be the team with the most pins standing after 4 minutes. ● Rules: <ul style="list-style-type: none"> ○ You may only enter the ocean if you have an oar (oars must make a paddling motion). ○ Cannons are heavy so you can only carry one at a time and they can not be thrown. ○ You may not guard your pins with your body. ○ A knocked down pin, by a cannon or your self, must stay down. ○ Cannons can only be fired from the battleship, not the lifeboat. ○ Leaving the battleship without an oar results in loss of pin. ○ After being sunk, players can continue to fire at opposing battleships. <p>At the conclusion of each game, change the boundaries and allow students to move their battleships wherever they would like.</p> <p><u>Tactic recognition:</u> Speak with students about the importance of teamwork. How will you run your ship? Will everyone have an assigned job? Who will collect cannons? Who will fire? Will you switch? Does the placement of your battleship help in you aim for success?</p> <p style="color: red;">AIM AT PIN!</p> </p>
	<p><u>Student Game Play:</u> Jackpot Dodgeball (20 minutes) Students will split up into 2 teams and line up as if to play a team dodgeball</p>

	<p>game. All class rules will be followed with the addition of these:</p> <ul style="list-style-type: none"> • Teams will receive a point with every player they get out. • Students that are out can be brought back in throwing and hitting a jackpot! Grab a ball and throw to hit the backboard. If you do, you hit the jackpot and are now back in the game. <p>Rounds last for 4 minutes, Best of 7</p> <p>AIM AT FEET!</p>
	<p>Student Game Play: Fitness Dodgeball (20 minutes)</p> <p>Students will split up into 2 teams as if to play a team dodgeball game. All class rules will be followed with the addition of these:</p> <ul style="list-style-type: none"> • Teams will score a point with every player that they get out. • Students that are out must go to the sideline and grab a playing card. Each card will match with an exercise and amount of reps they must complete to get back in. <p>Rounds last 4 minutes, Best of 7</p> <p>AIM AT FEET!</p>
	<p>Formative Assessment</p> <ol style="list-style-type: none"> 1. Teacher will provide corrective feedback on comprehension and practice of throwing cues, catching cues, rules, and safety concerns (AIM AT FEET).
<p>Lesson Accommodations/Modifications:</p>	<p>LOW: students may need corrective feedback on catching/throwing cues as well as visual representation of the rules for each game</p> <p>AVG: students may need visual representation of the rules, but will analyze their own throwing/catching cues</p> <p>HIGH: students will be challenged to lead a team discussion on tactics that could help their team find success</p>
<p>Equipment Needed:</p>	<p>4 mats, playing cards, 10 dodgeballs.</p>
<p>Notes:</p>	

<p>Summative Assessment for Unit</p>	<p>Written test on rules, tactics, and syntax vocabulary terms related to Dodgeball.</p>