

**COLONIAL INTERMEDIATE UINT 20**  
**6 Danforth Drive**  
**Easton, Pennsylvania 18045-7899**

**LESSON PLAN**  
**Special Speical Olympics MDS**

**TEACHER: Amanda Sechrist**

**STATE STANDARDS:**

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

Identify and engage in physical activities that promote physical fitness and health.

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

A. Recognize and use basic movement skills and concepts.

- locomotor movements (e.g., run, leap, hop)
- non-locomotor movements (e.g., bend, stretch, twist)
- manipulative movements (e.g., throw, catch, kick)
- relationships (e.g., over, under, beside)
- combination movements (e.g., locomotor, non-locomotor, manipulative)
- space awareness (e.g., self-space, levels, pathways, directions)
- effort (e.g., speed, force)

**GOAL:**

The students will increase their flexibility.  
The students will increase their gross motor movements.  
The students will improve their ability to roll.  
The students will increase their ability to ride on scooter.  
The students will increase their cardiovascular endurance.  
The students will increase their throwing skills

**ACTIVITY:**

The students will enter the gymnasium and stand on a colored spot. The students will participate in a group stretching activity. The students will perform arm circles, toe touches, the sit and reach, leg lifts, balance activities, and the twist. The students will then perform the following locomotor skills the length of the gymnasium: running, galloping and skipping. The teacher will have the students throw a ball to target several times. The teacher will then have the students run a 25 meter dash. The teacher will then have the students ride a scooter the length of the gymnasium several times and then race the other students. The teacher will then have the students perform a 25 meter roll. The teacher will then have the students throw a softball overhand. Each student will get five throws. The teacher will then have all the students return to their original spots and receive a sticker for their hard work and good behavior.

### **FUNCTIONAL DOMAIN:**

- Throwing a ball
- Throwing a ball to a target
- Running
- Rolling
- Riding a scooter

### **OBJECTIVE(S): STUDENT WILL DEMONSTRATE**

Given a verbal request, the students will perform locomotor skills including running galloping and skipping the length of the gymnasium with visual prompts in the correct sequence four out of five attempts.

Given a verbal request, the students will perform a stretching routine including arm circles, toe touches, the sit and reach, the twist, leg lifts and the butterfly stretch with verbal and visual prompts four out of five attempts.

Given a mat, the students will roll 25 meters with verbal prompts 70% of the time.

Given a scooter, the students will ride the scooter forward the length of the gymnasium staying in a straight line 70% of the race.

Given a verbal prompt, the students will run the 25 meter dash in their own lane three out of five attempts.

Given a target, the students will throw balls or bean bags to a target three out of five attempts.

Given a softball, the students will throw a softball overhand three out of five attempts.

### **EQUIPMENT/MATERIALS**

Lesson Plan

Target  
Softball  
Playground ball  
Cones  
Mats  
Scooters

## **MODIFICATIONS/ADAPTATIONS**

The teacher can vary the size of the ball for each student.

The teacher can vary the length of the mat.

The teacher can vary the type of the ball.

The teacher may provide hand over hand assistance with throwing..

The teacher can vary the size of the scooter..