

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

**LESSON PLAN**  
**Track and Field**

**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 increase their cardiovascular endurance.
- The students will increase their jumping skills.
- 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 students will perform the long jump. The teacher will have each student jump three times and record the data. The students will then throw a softball. Each student will get practice time and then the teacher will record their best overhand throw. The teacher will then have the students run the 100 meter dash. The students will first run with a partner and then alone. The teacher will then have the students run the 50 meter dash against three other students. The teacher will then have the students throw a javelin. Each student will get several turns throwing the javelin and their farthest distance should be recorded. The teacher should record their fastest time.

## **FUNCTIONAL DOMAIN:**

Jumping forward  
Throwing a ball  
Running  
Throwing a javelin

## **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 verbal prompt, the students will run the 100 meter dash in a designated lane three out of five attempts.

Given a verbal prompt, the students will run the 50 meter dash in a designated lane three out of five attempts

Given a softball, the students will throw a softball in an overhand motion forward four out of five attempts.

Given a verbal command, the students will broad jump with knees bent and arms swinging forward three out of five attempts.

Given a javelin, the students will throw the javelin in a forward motion three out of five attempts.

Given a tag game, the students will participate in a tag game 80% of the time with verbal prompts.

## **EQUIPMENT/MATERIALS**

Dots  
Spot Watch  
Tape Measurer  
Cones  
Softballs  
Lesson Plan  
Data Sheet  
Javelins

## **MODIFICATIONS/ADAPTATIONS**

The teacher can vary the size of the ball for each student.  
The teacher can vary the distance of the spots to jump on.  
The teacher can vary the type of the ball.  
The teacher can assist the students with running a straight line.  
The teacher may provide hand over hand assistance with throwing.  
The teacher can vary the size of the javelin.