

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

LESSON PLAN
Track and Field Lesson Plan 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 cardiovascular endurance.
The students will increase their range of motion.
The students will increase their fine motor skills.
The students will increase their throwing skills.

ACTIVITY:

The students will enter the gymnasium and walk or ride three laps around the outside of the gymnasium. The students will participate in a group stretching activity. The students will perform arm circles, toe touches and the twist. The students will then perform the following locomotor skills the length of the gymnasium: running or walking.. The teacher will have the students work on the following activities for the Track and Field Olympics. The students will participate in three events at the Olympics but should try to participate in as many as possible during Adapted Physical Education class. The students will participate in the softball throw, the javelin, the 25m wheel chair race or the 25 meter walk. The teacher should have all the activities set up and then take the students to each are to participate. The teachers will need to provide hand over hand assistance during each activity to those students who require assistance.

FUNCTIONAL DOMAIN:

- Throwing a softball
- Throwing a javelin
- Walking
- Running
- Pushing a wheelchair

OBJECTIVE(S): STUDENT WILL DEMONSTRATE

Given a verbal request, the ambulatory students will walk or run the length of the gymnasium with visual and/or physical 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 softball, the students will throw the ball overhand with hand over hand assistance forward three out of five attempts.

Given a modified javelin, the students will throw the javelin with hand over hand assistance three out of five attempts in a forward motion.

Given a 25m distance, the students will walk, run or push their wheel chair three out of five attempts with increasing speed.

EQUIPMENT/MATERIALS

- Lesson Plans
- Tape Measurer
- Javelin
- Softballs
- Data Sheet
- Cones
- Spots
- Stop Watch

MODIFICATIONS/ADAPTATIONS

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

The teacher may push the wheelchairs.

The teacher may assistance the students will walking.

The teacher may vary the size of the balls.