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| **Lesson Plan**  **Assessments** may occur at any time during the lesson and should be noted in the appropriate section of the lesson; supporting assessment or lesson documents may be attached as a separate page. | |
| **Learning Objective**: I can use the correct wrist shot form to shoot a puck/ball into the floor hockey net. | **Lesson Notes/materials:** Full Gym Space, 6 Hockey Nets, 12 Hockey Sticks, 3 Gymnastic Mats, 6 Hockey Balls, 3 Hockey Pucks, 3 pillow polo stick, 3 gator skin balls. |
| **SOL: 6.1.a** Combine and apply mature locomotor and manipulative skills into specialized sequences. |
| **Link to Background Knowledge** | |
| What is the background knowledge that students need to meet the learning objective? May include pre-assessment or review of previous instruction.  **Questions**  How do you hold a hockey stick?  Non-dominant hand is at the top of the stick.  Dominant hand is halfway down the stick.  How do you dribble the hockey ball/puck?  Hand position- dominant hand halfway down the stick, non-dominant hand on the top of the stick.  Foot placement- Non-dominant foot forward, dominant foot back.  Dribble- With the hockey ball out in front of your body, softly tap the ball back and forth using the front and back side of the blade of the hockey stick, use soft wrist turn to accomplish this movement.  Dribbling on the move- start by walking forward dribbling and progressively get faster as the skill become more successful.  How do you pass the hockey ball?  Hand position- dominant hand halfway down the stick, non-dominant hand on the top of the stick.  Foot placement- Non-dominant foot forward, dominant foot back.  Pass- with the puck/ball behind you, sweep the puck/ball forward pulling your non-dominant hand towards you while pushing your dominant hand forward.  Follow through- transfer your weight from your dominant foot to the non-dominant foot, keeping the hockey stick just above the ground and not coming above the knee. | |
| **Engage and Explain** | |
| What is the knowledge or skill that students will need to be successful in meeting the learning objective?  **Critical Elements of a wrist shot**   1. Stick Placement- Stick starts on the ground at back foot and stick finishes at front foot and below the waist and pointing at the target. 2. Foot placement- Knees are bent and shoulder width apart, non-dominant foot is forward and feet are at 45 degrees to target. 3. Hand Placement- Hands are in position; top hand stays at top of stick and bottom hand slides down stick during the release of the shot ending no further than half way down the shaft. 4. Weight Transfer- There is obvious and forceful weight transference from back foot to front foot and stick is loaded prior to release of shot. | |
| **Active Learning** | |
| How will students apply the new knowledge?  The students will take turns taking wrist shots into the nets. Each students will take two turns shooting either the hockey ball or puck into or at their net. Each student will focus on correct form and focus on shooting into their specific net. | |
| What will you do for students who have early success? How do you extend their learning? For those students that see early success, I will change the size of the net. Using the gymnastic mats I will cover different section of the nets to make the shot more challenging. The distance can also be increased to make the shot more difficult. | What will you do for students who need additional support (special needs, EL, or more time/practice)? For students that need more support, I will place two nets together to increase the area of success. I will also adjust the equipment. I.e. Pillow Polo sticks and gator skin balls. The distance away from the nets can also be decreased. |
| **Reflect** | |
| How will students connect new learning to previous learning? How will students make connections?  Use a skill rubric to assess the students’ performance. | Assessment: How will students know if they got it? How will teacher know if students got it?  Formative assessment – Students will complete the same rubric to self-assess.  Summative assessment – |
| **Next Steps** | |
| What is the real world application for this new learning? How does it connect to future learning?  The wrist will now be applied into a shootout activity and during the next class the wrist shot will be incorporated into a floor hockey game. | |

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| **Wrist Shot** | | | | |
|  | **Developing** **1** | Working to Achieve **2** | Meets Standard **3** |  |
| **Stick placement** | Stick starts in the air and finished higher than the waist. | Stick starts on the ground but not at back foot and finishes higher than the waist or stick starts in the air but finishes at or below the waist and points at target. | Stick starts on the ground at back foot and stick finishes at front foot and below the waist and pointing at the target. |  |
| **Foot placement** | Legs are together, dominant leg is in front, legs are straight. | Knees are very slightly bent, legs are next to each other. | Knees are bent and shoulder width apart, non-dominant foot is forward and feet are at 45 degrees to target. |  |
| **Hand placement** | Hands are next to each other and either high or low on stick with no slide. | Hands are spread out, and slide but are either to close and high on stick or to spread out and low on stick. | Hands are in position; top hand stays at top of stick and bottom hand slides down stick during the release of the shot ending no further than half way down the shaft. |  |
| **Weight transfer** | There is no weight transfer, arms just move forward. | There is moderate weight transfer from back foot to front foot. But stick loading does not occur. | There is obvious and forceful weight transference from back foot to front foot and stick is loaded prior to release of shot. |  |

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