**Lesson Plan**

**Health and Physical Education**

1. **Unit Topic**: Floor Hockey
2. **Lesson Title**: Introductory Skills
3. **Grade Level**: 10-12th
4. **Standards/Learning Outcomes (Health or PE)**
   1. PE Standard 1: Specialized skill performance
   2. Demonstrates consistency in skill performance by scoring and defending against scoring in target games with and without an opponent.
5. **Assessment**
   1. **Diagnostic, Formative or Summative:** Partner rubric for dribbling and shooting
6. **Instructional Outline**

* **Introduction:** students will be introduced to the sport of floor hockey including proper stick handling and etiquette, dribbling, passing, and shooting.
* **Content Outline:**
  + Stick handling, etiquette, and safety will be discussed and demonstrated.
  + Students will be given verbal and visual demonstration on the basic skills of dribbling, passing, and shooting.
* **Learning Strategies and Activities:**
  + **Skill Development**
    1. **\*Explain Importance of the Skill:**
* Help students to develop an understanding of skills and strategies involved in playing a target game with and without an opponent.
  + 1. **Demonstrate Skill Steps:**
* Dribbling for speed and accuracy – start students in free space. As they acquire skills, introduce obstacles and restricted space.
* Passing- students will pass with a partner while stationary, then progress to passing and moving in a controlled space.
* Shooting- students will practice shooting a puck at a target while focusing on accuracy and technique.  
  + **Skill Application**
    1. **Provide adequate time to demonstrate and practice skill:**
       - Dribbling and Shooting- students will dribble a puck through cones and shoot on an empty net.
    2. **Formative assessment:**
* Students will be evaluated by a peer using a rubric that identifies the critical elements of both dribbling and shooting.
* After completion, students will switch roles (performer and evaluator).
* Skills being assessed include dribbling accuracy, shooting technique, and safe stick handling.
* **Closure**
* Teacher-led discussion on the critical elements of dribbling, passing, shooting, and safety.
* Discuss strategies that groups used while passing while passing with a partner while moving.
* Discuss how those skills and techniques will be applied in the next lesson as the students progress into lead-up games.
* **Modifications/Extensions:**Using different sized equipment to increase or decrease skill difficulty.

Modify space used for activities.

Modifying the rubric to address individual needs.

1. **\*Vocabulary:**
2. **\*Materials:**

* Enough sticks and pucks for half the class.
* Rubric sheets for each student.
* Goals or targets enough for groups.
* Cones for dribbling and passing obstacles.

1. **\*Related & Resources**:

**\***Use as needed