Title of Lesson: How to Throw Overhand (Football)

Name: Thomas Hickman Date: 11/25/2012 Age/Grade Level: 6th Grade

Subject: Physical Education # of Students: 4 # Students needing adaptations: None

Objectives -

**Psychomotor:** TSWBAT demonstrate proper cues for throwing a football 80% of the time

Behavior: throw the ball. Condition: using proper cues. Criteria: 80% of the time

**Cognitive:** TSWBAT identify the three cues to a classmate or teacher for an overhand pass.

Behavior: identify three cues. Condition: to a teacher or classmate Criteria: All three cues

**Affective:** TSWBAT demonstrate proper form of throwing a football and also be able to identify other students that are throwing incorrectly and explain which of the three cues he or she is not using.

Behavior: identify other classmates mistakes Condition: demonstrate a proper throw Criteria: proper form and helpfulness to others

**Personal objective for the teacher –**

I, the teacher, will show the students the three basic cues for throwing a football which include “hello”, step, and “good-bye”. After demonstrating the pass I will show what I mean by each step and why it is important to do all three sequentially.

Connections -

The student will be able to use the three cues to perform a football pass to a classmate roughly 10 yards away. The student will learn how to shift his or her body to create enough force to drive the ball to the target.

**NASPE standard 1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

**NASPE standard 2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
Context –

The student must know the grip to properly throw a football, which includes how each individual holds the laces depending on hand size and comfort. The goal is for the kids to have the skills to throw a football, whether it is in a game or just playing catch in the backyard with family. It is important to be able to throw the ball in a game situation so that your team can complete passes and score touchdowns.

Adaptations-

I will pair the students together based on who needs the most help and who needs the least. The student who shows the best ability, and may be able to help instruct a fellow classmate, with the least skilled in hopes of the student least able to throw learning from watching the student best able to throw.

References-

None

Resources/equipment -

2 footballs
4 poly pads
Roughly 15x15 yards of gym space

Safety -

When instructing I will tell the two students holding the ball to tuck the ball into their arm as if carrying it in a real game of football. I will also separate the pair of throwers far enough (separate the poly pads) from each other to ensure that no ball gets thrown accidently into the other person who may not be looking.
Instructional Plan –

<table>
<thead>
<tr>
<th>Time</th>
<th>Task</th>
<th>Cues</th>
<th>Challenges</th>
<th>Drills/formations/organizations/transitions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 minute/</td>
<td>Arm circles/ start with little, end with big/</td>
<td>spacing between classmates</td>
<td>15 seconds little, 15 seconds rest, 15 seconds big arm circles, 15 seconds rest</td>
<td></td>
</tr>
<tr>
<td>3 minutes/</td>
<td>set induction and demonstration/demonstrate proper throw using the three cues/ excite the kids/ organize class to be able to see me.</td>
<td></td>
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<tr>
<td>3 minutes/</td>
<td>breaking down each of the 3 cues/ hello, step, good-bye/ proper demonstration/ will use a student whom I know can catch a pass to help me demonstrate</td>
<td></td>
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<tr>
<td>4 minutes/</td>
<td>short throws of approximately 5 yards/ the three cues must be shown/ students not using the three cues/ pairs of students standing 5 yards apart throwing the ball back and forth while I provide feedback.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>3 minutes/</td>
<td>throws of approximately 10 yards/ the three cues must be shown/ students not able to project the ball 10 yards/ pairs of students standing 10 yards apart throwing the ball back and forth while I provide feedback.</td>
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<tr>
<td>1 minute/</td>
<td>question the group on the cues/ making sure each kid had relative knowledge of the cues/ kids who don’t speak much/ somewhat of a circle group to ensure each kid has a chance to respond</td>
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Through my demonstration and break down of cues I will provide students with the knowledge of how to properly throw a football.

Closure -

Some key points include the three cues to throw a football.

1- “hello”- hold the ball close to your ear as if picking up a phone call
2- Step- while holding the ball up to your ear, take a step with your non-dominant foot to shift weight in the targets direction
3- “good-bye”- this is the throw, which includes the body moving to release the ball and getting the ball to its target

Students will be asked at the end of class to reiterate the three cues of how to throw a football.
Student Assessment –

I will assess each student by identifying if while they are preforming an overhand pass that they are meeting all three of the cues. I will also assess the ability to throw balls within reach of the receiver to catch the ball.

Did the student use the three cues?

Did the student throw the ball in the direction of his or her target?

Could the student state the three cues?