



PHYSICAL EDUCATION LESSON PLAN



TOPIC: Overhand throw	YEAR LEVEL(S): Prep	LESSON TIME: 2.00 – 2.45 pm
VENUE: Dana Street Primary School	NO. STUDENTS: Nine	LESSON LENGTH: 45 minutes
DATE: 18 th March 2002		
OBJECTIVES: <ul style="list-style-type: none">• Children can demonstrate movement patterns that resemble running, changing direction, stopping and starting.• Children can release and obtain a beanbag with their hand through throwing and stopping to collect the ball.• Children can describe whether they liked or disliked the physical activities and give reasons.		
CSF OUTCOMES: <ul style="list-style-type: none">• Perform simple movement patterns.• Identify feelings experienced during and after physical activity.		
REFERENCES: <p>Board of Studies. (2000). Science Curriculum and Standards Framework II. Board of Studies: Carlton.</p> <p>Department of Education. (1998). Fundamental motor skills: An activities resource for classroom teachers. Department of Education: Victoria.</p>		
EQUIPMENT: <ul style="list-style-type: none">• 12 x Beanbags• Whistle• 9 x A3 coloured card• Sticky tape• Chalk• 9 x name tags		
LESSON OUTLINE: <p>Introduction: (5 mins) We will introduce ourselves and give children their nametags. Explain competition that will be running over the next 8 weeks. Explain our focus for the lesson.</p> <p>Warm-up: (5 mins) In a circle children will kangaroo hop, crab walk, frog jump, etc around the room / area.</p>		<u>TEACHING POINTS</u> *Get the children flexible and warm before the skill activity.