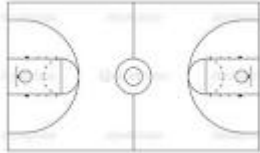
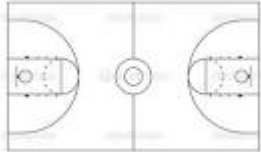



LESSON SHEET #: _____

NAME(S): Rosanna Castro

GRADE LEVEL: 2/3

Tactical Problem (TP): Aiming and accuracy				
On-ball Skills (obs): Hand eye and foot work accuracy (or Skill Execution for Target Games)				
Off-ball Movements (obm): Body alignment (or Pre-shot Decisions for Target Games)				
FMS (if not identified as an obs above): Throwing Fitness / Skill Components: Balance, power, coordination				
Cognitive Objective(s): Demonstrate body and spatial awareness Psychomotor Objective(s): Perform the basic throwing skill but improve the aiming and accuracy Affective Objective(s): Demonstrate positive and helpful behavior and works as a team				
Focus	Diagram & Description	Teaching Information	Task Extension(s) → 2 UP and Simplification(s) → 2 DOWN	Time
Initial Game or Game Form: Beanbag Boccia Performance / Success Goal: The player must throw the beanbag closest to the target to accumulate the most post	Diagram:  Equipment: <ul style="list-style-type: none"> • 2 bean bag per participant • 4 pylons per group • 1 target beanbag (purple bean bag) per group Description: <ul style="list-style-type: none"> • Divide the players into small groups 4 players per groups • Each player have two bean bags, group members should have the same beanbags color • One group starts the game by throwing the beanbag as close to the target beanbag (purple bean bag). Then the other group tries the to throw an underhand or overhand throw as close to the target beanbag as well. • Groups take turns throwing their 	Game Conditions: <ul style="list-style-type: none"> • Players are allowed to knock either the target beanbag or other beanbags with their beanbag throws • Players cannot interrupt the other player when tossing the beanbags • The beanbag should leave untouched until the players counted points. 	Simplification progression(s): <ol style="list-style-type: none"> 1. Use a larger target 2. Shorter the distance Extension progression(s): <ol style="list-style-type: none"> 1. Use non-dominant hand 2. Attempt to send the object in different ways (ex: close eyes) 	5 minutes Management Info: <ul style="list-style-type: none"> • Throw must be made behind the pylons • Ruler can be use for measurement if necessary

	beanbags towards the target beanbag <ul style="list-style-type: none"> After all the players have thrown their beanbags, the group with the closest beanbag to the target beanbag scores 1 point. 			
Questioning	Where are you going to ask questions? In the gym How are you going to ask questions? Discuss questions as a group as soon as the game finished.	CFU Questions: <ol style="list-style-type: none"> Describe a strategy that your group used to be successful in the game? Which is the best way for throwing when the object is near you? What was the most difficult in this activity? Did you notice any adjustment in throwing or the power your throw? 		3-5 minutes
Practice Task: ____ Target 5 Performance / Success Goal: <ul style="list-style-type: none"> Participants learn to practice sending an object to hit a variety of different target. Individual players must try to hit 3 out of 3 object to be successful in aiming and accuracy. 	Diagram:  <p>Equipment: 2 ball per group 5 pylon per group 5 objects of various sizes and weights per group</p> <p>Description:</p> <ul style="list-style-type: none"> Divide the groups into 3-4 smaller groups Place five pylons one metre apart in a horizontal line. Place the objects as a target on top of each pylon. Participant must select a throwing line that is challenging distance from pylons Each object is worth a set number of points as decided by the groups. Example: Beach ball 1 point, soccer ball 	Teaching Cues: <ul style="list-style-type: none"> Keep your eye on a target Step with your opposite foot towards target Follow through by letting your throwing arm come across the opposite side of your body <p>PSF Statement(s):</p> <ul style="list-style-type: none"> Great job in follow through when throwing Great job communicating and letting people know whose turn it is. Great job in body position when aiming for the target. 	Simplification progression(s): <ol style="list-style-type: none"> Decrease the distance between throwing line and target Use larger target to place the pylon <p>Extension progression(s):</p> <ol style="list-style-type: none"> Increase the distance between throwing line and target Use their non-dominant 	5 minutes Management Info: <ul style="list-style-type: none"> Say "GO" to start the player throwing Remind participant to stay behind the line

	<ul style="list-style-type: none"> 2 points and etc. Each player have 3 attempts using an overhand or underhand throw and must knock down all the object from the pylon. Each player takes turns throwing and tries to accumulate as many points as possible during his/her turn. It the player option to decide which target to hit based on their level of abilities. 			
<p>Final Game or Game Form: Beanbag Boccia</p> <p>Performance / Success Goal: The player must throw the beanbag closest to the target to accumulate the most post. This time the player score 21 points wins.</p>	<p>Diagram:</p>  <p>Equipment:</p> <ul style="list-style-type: none"> 2 bean bag per participant 4 pylons per group 1 target beanbag (purple bean bag) per group <p>Description:</p> <ul style="list-style-type: none"> Divide the groups into 3-4 smaller groups Place five pylons one metre apart in a horizontal line. Place the objects as a target on top of each pylon. Participant must select a throwing line that is challenging distance from pylons Each object is worth a set number of points as decided by the groups. Example: Beach ball 1 point, soccer ball 2 points and etc. Each player have 3 attempts using an overhand or underhand throw and must knock down all the object from the pylon. Each player takes turns throwing and 	<p>Game Conditions:</p> <ul style="list-style-type: none"> Players are allowed to knock either the target beanbag or other beanbags with their beanbag throws Players cannot interrupt the other player when tossing the beanbags The beanbag should leave untouched until the players counted points. <p>PSF Statement(s):</p> <ul style="list-style-type: none"> Great job in communicating and having strategies. Nice work adjusting your throw depending on distance Great teamwork 	<p>Simplification progression(s):</p> <ol style="list-style-type: none"> Decrease the distance between throwing line and target Use larger target to place the pylon <p>Extension progression(s):</p> <ol style="list-style-type: none"> Increase the distance between throwing line and target Use their non-dominant 	<p>15 minutes</p> <p>Management Info:</p> <ul style="list-style-type: none"> Throw must be made behind the pylons Ruler can be use for measurement if necessary

	<p>tries to accumulate as many points as possible during his/her turn. It the player option to decide which target to hit based on their level of abilities.</p>			
Review / Lesson Closure	<p>Acknowledge effort and participation! ☺ CFU Review Questions/Activities:</p> <p>Did your strategy change as your score changed?</p> <ul style="list-style-type: none"> • Did your aiming and accuracy change as you score? • Which sports use strategies similar to the one used in this game? • Why is it important to control the force you use when performing an underhand throw? 	<p>Self-reflection by teacher ... What worked well?</p>	<p>Self-reflection by teacher ... What to change for next time?</p>	3-5 minutes