

5th Grade: Flying Disc Backhand Throw to Target Lesson Plan

Guiding Objectives	
Focus Physical Education Standard:	1.5 Throw a flying disc accurately at a target and to a partner, using the backhand movement pattern.
Common Core State Standards:	SL.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups and teacher-led) with diverse partners on grade 5 topics and texts, building upon others' ideas and expressing their own clearly.
Student Learning Objectives:	Students will: <ol style="list-style-type: none"> 1. Determine with a partner and as a class the cues for the disc backhand throw. 2. Use the backhand throw to accurately throw at targets in a disc golf game.
Instruction	
Warm-Up:	Student Led Exercises: Pick a few students to lead exercises. Post a list of pre-determined exercises for student leaders to use. All leaders count the odd numbers and all other students count the even to complete at least 20 of each exercise. Sample exercises: Jog in Place, Jumping Jacks, Squats, Mummy Kicks, Jump Ropes, Lunges, etc
Anticipatory Set:	Tie to experience: Raise your hand if you have thrown a disc before. Turn to someone next to you and tell them your previous experience with a disc. (Where have you played, how often have you played) What: By the end of this lesson, you will know the cues and be able to demonstrate a proper backhand throw with a disc. Why: Throwing a disc is a really fun physical activity that you can do at lots of places, like a park or the beach. It's a great way to be active. How: You will know you have learned the material when you can explain the backhand throwing cues and demonstrate an accurate throw to a partner or a target.

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<p>Instructional Input/ Sequencing:</p>	<ul style="list-style-type: none"> • Teacher demonstrates a backhand throw, without explaining cues. Ask students to try to identify key elements of the backhand throw during the demonstration. • Pair students up with a partner. Each set of partners will get a disc and have two minutes to throw back and forth with their partner while developing their own list of backhand throw cues. • As soon as the partners have figured out their cues, they will write them down on a 3x5 card. • Partners combine with another group to explain their cues, and compare their thinking. Allow enough time for groups to really process (and even try) the cues. • If a group finishes, have them meet with another set of partners to get a different perspective. • Bring students back together for a group discussion on the cues for a backhand disc technique. • Agree on a few cues for the movement and write them on a whiteboard. • After the group has created their whiteboard, bring out a teacher-made whiteboard or poster with the backhand backhand cues and compare/contrast. <p>Backhand Disc Throwing Cues:</p> <ol style="list-style-type: none"> 1. Hold disc in dominant hand 2. Thumb is on top, Pointer finger is on the side and the other three fingers are spread out on the bottom 3. Face sideways to your target with disc hand pointed at your target 4. Bring disc to your waist 5. Keep disc flat 6. Flick wrist and release at your target
<p>Strategies for Differentiation:</p>	<ul style="list-style-type: none"> • Pair English learners up with a helpful partner • During the cue sharing part, have students who are quick to list the cues, help students who are having trouble.
<p>Guided Practice:</p>	<p>Activity: Exercise Disc Golf Course:</p> <ul style="list-style-type: none"> • Group students into groups of 4 • Set up a disc golf course using whatever you have available to be the targets. (Hula hoops, laundry baskets, buckets, etc.) • Set up a cone with a number on it to number the holes. • Next to the number, attach an exercise card with a list of

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	<p>exercises. Teams must complete the list of exercises before they play the hole.</p> <ul style="list-style-type: none"> • If there is another team still playing the hole that you are moving to, you must keep performing the exercises (more reps) until it is your turn to play the hole. • Students can compete with their team at each hole. Groups who want to make it a competition, must keep track of their own score. Each hole is a different round with a winner for that round. • While students are throwing, the other group members are watching and using the backhand throw cues as a checklist to help give feedback. • If a disc is not thrown accurately, the group should have a discussion on why. • Teacher is monitoring all groups as they move through the course and is also giving feedback based on the cues.
Formative Assessment:	<ul style="list-style-type: none"> • During the disc golf game, students are giving each other specific feedback on their backhand throw pattern by using the cues created in class. • At the end of class, students will rate their own backhand technique using a Thumbs Up, Sideways or Down. Thumbs Up: I've got it! Sideways: I'm almost there! Thumbs Down: I need more practice!
Application:	<ul style="list-style-type: none"> • Students are utilizing the feedback given to them by their peers during the disc golf game to adjust their technique.
Closure:	<ul style="list-style-type: none"> • Students will review the cues with a partner. • Students will rate where they are with the skill using thumbs up, sideways or down.
Outcomes	
Evidence of Student Learning:	<ul style="list-style-type: none"> • Teacher observation • Students self-assessment • Peer and group discussions
Follow-Up	
Re-Teaching Strategies:	<ul style="list-style-type: none"> • Students will continue to use the cues in partner throwing and catching. • Choral response so students are repeating and remembering the cues in future lessons.