

Grade:	K-2			Skill Level:	Pre-control							
Focus:	Dodgebowl	Sub focus:	Dodging & Bowling									
Content Objectives: At the end of this lesson the students will be able to...												
Cognitive:	recite the cue words for bowling.											
Psychomotor:	perform the cue steps for bowling.											
Affective:	enjoy bowling and dodging.											
Fitness:	improve upper body strength and cardiovascular health.											
Language Objectives: At the end of this lesson the students will be able to...												
Speaking:	use appropriate words of encouragement and feel comfortable doing so.											
Writing:												
Reading:	read the cue words on the board.											
Key Vocabulary/Concepts:												
Bowling	Back, step, low and roll											
Dodge	jump, or step to the right, left, front or back											
Materials/Equipment:												
soft balls	cones (optional)											
Instant Activity:												
Students read the board and find out they need to run 4 laps and walk 1 lap and then sit in their spots.												
Organization/Management:												
Students sit in their spot.												
Building Background/Introduction: We are going to learn how to bowl and dodge. Does anyone know how to do either?												
Standards:												
NASPE 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.												
NASPE 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.												
NASPE 3: Participates regularly in physical activity.												
NASPE 4: Achieves and maintains a health-enhancing level of physical fitness.												
NASPE 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.												
NASPE 6: Values physical activity for health, enjoyment, challenge, self-expression, and /or social interaction.												
Presentation/Task Development:												
Demonstrate bowling and dodging.												
Tasks/Application:				Challenges: If you would like...								
Line up 1/3 of the students with a ball on one sideline.												
Line up 1/3 of the students with a ball on the other sideline.												
Line up 1/3 of the students without a ball on one end line.												
Students on the end line run to the other end line trying not to have their feet touched by the bowlers.												
Students on the sidelines bowl at the feet of the students who Switch roles every 3 minutes.												
Enhancements:												
IB:	Cooperating, respecting others, spatial awareness, gross motor skills, acquisition of knowledge (vocabulary), listening, presenting.											
Math:												
Science:												
SIOP:	Visual demonstrations, practice and application of new vocabulary terms, language objectives, and building background.											
Other:												
Extension:												
Reflection:												