**KINES 400: Adapted Physical Education**

**Lesson Plan Template**

**Name: Jim Moran Date: 4/30/14 Time: 6:30 PM**

**Setting/Site:**.Special Olympics

**Activity/Unit/Topic: Turbo Javelin**

**Student Information**:

Grade Level or Age of Individual(s) you are planning this activity for: Alex is an 19 year-old athlete with Down Syndrome. He has improved with his throwing and running abilities over the last several weeks.

Student(s) Disability and Implications: (Briefly describe your student’s disability. List the important implications will you need to remember when presenting your lesson/activity to your individual.)

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| **Disability Condition** | **Implications/Adaptations** |
| Down Syndrome | Alex has a high success rate for throwing the turbo javelin with proper form. He demonstrates a lot of power compared to the other athletes. It will be important to state the cues as a reminder for him to maintain proper form when throwing toward the targets. Alex is able to follow directions and carry on a conversation easily (mild intellectual disability). May be difficult for him to adapt to the throwing for accuracy because he is used to throwing as hard as he can. I will set up the targets within Alex’s average throwing distance. |
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Degree of Assistance/Support Needed: Describe any physical and/or technological assistance or support your individual(s) will need in order to successfully complete your lesson/activity. Include personnel assistance beyond yourself, when appropriate.

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| **Disability Condition** | **Degree of Assistance** |
| Down Syndrome | Alex is able to throw the turbo javelin on his own without any additional assistance. He is able to follow all directions and I will give brief reminders throughout the activity. A coach will be on the sideline to keep him on-task when he is not throwing the javelin. Alex is very talkative and enjoys socializing with others, the sideline coach will usually be able to keep him engaged. |
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Individual(s) Objectives:

**Psychomotor:**

1. Alex will demonstrate proper technique for throwing the turbo javelin by stepping with his opposite foot and throwing over the shoulder during the turbo toss activity.
2. Alex will be able to throw the turbo javelin with accuracy by hitting a target 3 times out of 5 attempts during the turbo toss activity.

**Cognitive:** Alex will understand the rules for the turbo javelin identifying which throws are legal during the turbo toss activity.

**Affective:** Alex will demonstrate good sportsmanship by giving his teammates verbal praise and a high five after they are finished throwing in the turbo toss activity.

Teacher Objectives: Visually demonstrate throwing to the targets and explain the rules with visual demonstrations. Constantly review the cues so Alex maintains the proper form when throwing toward the targets. Give specific-congruent feedback.

Equipment: Turbo Javelins, Cones, Targets

Protocols:

* Make sure students are behind the cones when waiting to throw.
* Make sure no one is walking within the landing zone of the throwing area.
* Only one athlete is throwing at a time.
* Do not cross the foul line when throwing.

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| LESSON CONTENT & PROGRESSIONS Introduction, skill’s task analysis, activity, review | **Teaching Cues –** The cues are short quotes of what you are saying to students to remind them of proper form. | MANAGERIAL STRATEGIES Organization of space, equipment, students (diagrams of practice formations, equipment set up, and game situations ), including method for assigning students to groups | Safety Procedures Checking field, equipment, and facilities for debris, damage, etc. What safety procedures will you take to make sure ALL students are safe in your class. |
| **Turbo Toss**:  This activity will work on the throwing form and accuracy for the turbo javelin. I will have a number of targets spaced across the throwing area. When it is Alex’s turn to throw, I will have him choose a specific target before throwing each Turbo Jav. He will throw five Javelins and then allow someone else to take a turn. This activity will also teach Alex that proper technique is important for throwing the javelin successfully. Many of the athletes try to throw the turbo javelin as hard as they can and do not have success. I will have the targets set up within Alex’s average throwing distance, so he does not change his throwing form.  **Alex:**  - I will have Alex choose a specific target in the landing zone so he can work on his throwing accuracy. Following this, we will work on throwing for distance. For distance measurements, I will use cones to mark the farthest throws for Alex.  Challenges: After a few rounds, I will allow Alex to throw 5 Turbo Javs and see if he can hit a target **3 out of 5 attempts**.  - Throwing past the farthest cone for distance.  ITV: Allow Alex to hit any of the targets within the landing zone.  Variations for other athletes:  - Some athletes will just be working on throwing mechanics. These athletes will work on throwing the javelin anywhere within the landing zone.  **Rules:**  - The throwers foot must stay behind the foul line.  - The javelin must land within the sector lines of the landing zone.  - The javelin must land nose first, otherwise it will be considered a foul.  - I will visually demonstrate the legal and illegal throws for the turbo javelin. | - Step with opposite foot  - Over the shoulder | The athletes will be throwing toward the targets within the designated area. All other athletes will be standing off to the side behind a line of cones. Only one athlete is at the throwing line. A coach will be standing with the athletes who are not throwing. Each athlete will throw five times before rotating. A coach will retrieve the turbo javelins that have been thrown and bring them back to the throwing line. | All athletes who are not throwing must stay behind the cones.  Only one thrower should be at the line.  Make sure no one is walking across the landing area.  Only the coaches are allowed to retrieve the turbo javelins that are thrown.  Only throw one turbo javelin at a time. |
| Similar activity can be used for the softball throw. Use the targets for accuracy and the cones to mark distance.  **Closure:**  Ask the athletes which part of the turbo jav must hit the ground first in order to be a legal throw.  Have athletes demonstrate proper throwing form without the turbo javelin. |  |  |  |

Assessment/Evaluation

* Visual observation for throwing form (stepping with opposite foot and throwing over the shoulder)
* Track number of times the target is hit out of five attempts.
* Can students throwing for distance, throw past the previous marking cone?

Instructor’s Signature and Date for Approval of Lesson Plan\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instructor’s Signature and Date After Lesson has been taught\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instructor’s Comments/Feedback on Lesson: