

British Invasion (cone handball)

Standards:

- PE4.1 The physical educated student demonstrates competency in a variety of motor skills and movement patterns.
- PE4.2 the physically educated student applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- PE4.4 The physical educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings

Learning Target:

Students to practice various locomotor skills at various speeds while moving safely through the general space as well as applying simple offensive and defensive tactics and strategies.

Academic Integration :

4th grade academic integration Subject: Revolutionary War

Standard: SS4H1 Explain the causes, events, and results of the American Revolution.

Teacher will split the class in two teams, One as the colonies and one as the British

- Boston Tea Party= colonies can only slide, British can run.
 - The tea was located on ships. The colonists, in the middle of the night, boarded the ships and poured the tea into the harbor. Just like the tea slide out of the crates or how the ships slide through the water, the colonists will slide during game play.
- Stamp Act= gallop, both sides
 - A tax on all paper good such as newspapers, almanacs, pamphlets, legal documents. The only way for these documents to be transported was by horseback therefore ALL students will gallop during game play
- Boston Massacre= colonies can run, British walk
 - The Boston Massacre started when a colonists attacked a lone British sentinel. This escalated into what is known today as the Boston Massacre and when the “shot heard around the world” was fired. Due to the colonists rushing the British sentinel and attacking, the colonists can run and the British walk in game play.

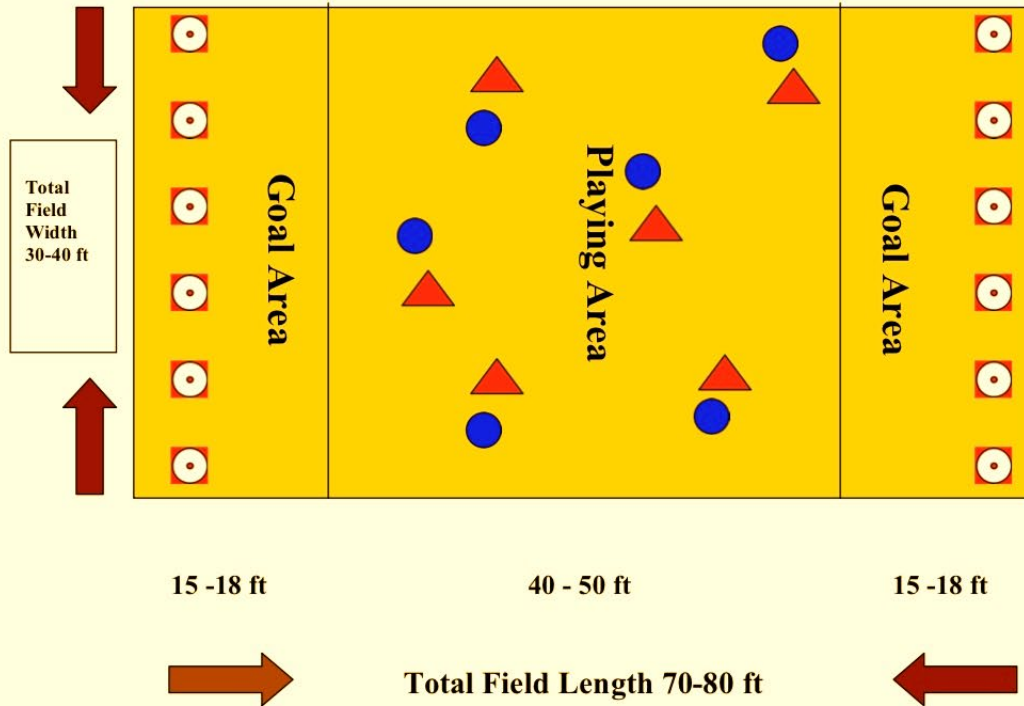
- Intolerable acts= Colonies walk, British skip
 - The intolerable Acts were a combination of 4 acts. The Boston Port Act that closed the Boston Port. The Massachusetts Government Act, which restricted Massachusetts. The Administration of Justice Act, which made British officials immune to criminal prosecution in Massachusetts. The Quartering Act, which required colonists to house and quarter British troops on demand, including in their private homes as a last resort. Just like how the intolerable acts bound and challenged the colonists, the colonists can only walk while the British skip during game play.

Cone Handball Rules:




- Two or 4 teams
- 4 cones set on either side of the court in the goal area.
- Goal area is off limits to ALL PLAYERS.
 - All shots are to be made outside the goal area.
 - All defending is to be made outside the goal area.
- Game starts with jump ball.
- No-body contact rule.
- Players are allowed to dribble, pass, catch and hold the ball for 3 seconds.
- Players with ball have 3 steps.
- A point is scored when the cones are knocked over
- After each point the team that was scored upon throws the ball back in from the goal area
- If the ball goes out of bounds, it's the other teams ball.

Cone Handball set up:

Cone-Handball Field Set-Up



Legend:

-  - Cones/Pins
-  - Offensive Players
-  - Defensive Players

WW2 Footloose Dance

Standards:

- PE5.1 The physically educated student demonstrates competency in a variety of motor skills and movement patterns.
- PE5.5 The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. The physical educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings

Learning Target:

Students will learn the various steps involved in learning the dance of Footloose while demonstrating competency in movement patterns and exhibiting responsible personal and social behaviors in the physical education setting.

Academic Integration :

5th grade academic integration Subject: World War 2

Standard: SS5H4 Explain America's involvement in World War II.

Content Specific: QQ

- When did WW2 start?
 - Answer: 1939
- What 3 countries remained neutral?
 - Hint: think of the 3 S's
 - Answer: Spain, Sweden, Switzerland
- When did the US get involved in the War?
 - Answer:1941
- Why did the US enter World War 1?
 - Answer: attack on Pearl Harbor

Footloose Steps

1. 1st 8 count is a grapevine, 4 counts (steps) to the right followed by 4 counts (steps) back to the left. This is step to the right with the right foot, step behind with the left, step with the right and bring left foot to right foot. Then back is step with left foot, behind left foot with right, step with left foot and bring right foot to left foot.
2. 2nd 8 count is a V- step. In the shape of the letter V. You step first forward in a diagonal with your right foot to the right followed by your left foot. Then step back in a diagonal with left foot to the left followed by right foot. Then step back diagonally to the right with the right foot followed by the left foot. Finally you step forward diagonally to the left with the left foot followed by the left foot.
3. The first 4 count is the 2 heel click move. With feet together you will move your heels out for count 1, then heels back together for count 2, heels back out for count 3 and then back in for count 4.
4. The 3rd 8 count is tap right heel twice in front of you, then tap your right toes behind you twice. Then tap your right heel in front of you once before hopping to your left to tap your heel once in front of you. Then hop back to your right foot to tap your heel in front of you twice again.
5. The final 4 count is tapping your right toe behind you, then tapping your right toe to the right side of you. Then pick up your right heel and move it towards behind your left side to tap with your left hand. Finally move your right heel back to the right side, to tap with your right hand before placing your right foot down in a quarter turn.