



YEAR LEVEL & SUBJECT: 1 & 2 Health and Physical Education

NO. OF STUDENTS: 15 - 25

LESSON DURATION: 60 minutes

TOPIC/FOCUS: Movement and Physical Activity:
Moving the body

GOALS AND OBJECTIVES:

Students will be able to:

- Skate forwards, slow down and turn on ice
- Demonstrating changes in speed, direction and level of movement in response to changes in music tempo
- creating, following, repeating and altering movement sequences in response to rhythm, music or words
- selecting and implementing different movement skills to be successful in a game
- Create and participate in on-ice games
- participating in games that use a number of different fundamental movement skills

RESOURCES REQUIRED: Skates, Helmets, Music and Music Player

LESSON PROCEDURE

TIMING		STEPS OF THE LESSON	EXPECTED STUDENT REACTIONS OF RESPONSES	TEACHER RESPONSES TO STUDENTS (Including consideration of the need to adapt, reteach or extend)	GOALS AND METHODS OF EVALUATION (Including informal and/or formal assessment links to VCAA)
Event	Total				
Opening:					
2	2	Off - Ice Introduction Once students have their skates on, students are directed to skaters lounge Coaches demonstrate marching, squatting and stride path off the ice			"Who has skated before?" "Who's been skiing/inline skating before?"
5	7	On - Ice Introduction			

3	10	Students get onto the ice and get comfortable before moving to specified location Coaches demonstrate how to fall down and get back up safely Students practice safely falling down and getting back up with proper procedure	Students will be anxious, scared, excited to go on the ice.	Re-insure students of safety	Goal: Students to be comfortable standing on the ice and minimal falling
2	12	Coaches then get students to practice marching, squatting and stride path on the ice.	Scared, hesitant and uncomfortable	Coaches help students one on one and re-assure	Goal: Students to fall down and get back up safely and independently
3	15	Coaches demonstrate how to stop using the snow plough technique. Students then practice skating forwards and stopping using this technique.			
Lesson Development:					
		Lesson Development: <i>Snow Dance</i>			
3	18	Coaches demonstrate the four basic dance moves: - March - Moonwalk - Twist - Crossover shuffle	Students may be laughing but also anxious	Coaches should lighten the mood by demonstrating and having fun	Goal: Create confidence by ensuring all students understand and are at ease
8	26	Learn them as a class	Different student abilities Unsure of what to do	Designate team captain to lead the group	Goal: All students to be able to do at least 1/2 of the dance moves. Students should also take initiative and create their own dance moves.
10	36	Break up into groups of 5 or 6 and create original dance to a song. Coaches and teachers to help and prompt students and designate team captain.			
15	51	Perform it to class – students watching from players bench	Students will be nervous and/or excited	Coaches will need to give positive re-enforcement – best ‘dancer’ gets a reward.	Goal: For students to confidently perform their dance and include all team members

Closure:					
3	54	<p>Best dancer gets to be the “light” Game: Red Light Green Light Coaches explain the game: One student stands with back to the rest of the class.</p> <p>When student has their back to the class, the rest of the class can skate forward. When the “light” turns around, the class have to stop on the spot.</p> <p>If students cannot stop in time, they have to start again from the beginning.</p> <p>The first student to reach the “light” wins the game.</p>	<p>Students will be excited and happy to play a game on the ice</p> <p>Students may not be able to stop immediately</p>	<p>Coaches to modify the game to suit skill level</p> <p>Make sure students are not over-excited.</p>	<p>Goal: To respond to on-ice stimuli in a fun and engaging way.</p>
6	60	<p>Play the game one or two times, depending on how much time is available.</p>			