

# Battleship

## Physical Education Lesson Plan

### Authors:

Heidi Ronning

Amber Murphy

### Grade Level:

4-6

### Integrated disciplines:

Physical education

### NAPSE Standards:

3: Student participates regularly in physical activity

5: Student exhibits responsible personal and social behavior that respects self and others in physical activity settings.

### Objectives:

Students will demonstrate proper overhand throwing.

Students will participate in physical activity (running, throwing and scootering).

### Assessment:

Visual—proper overhand throw (big muscle, step, throw)

### Materials:

Whistle – for teacher

4 pinnies

4 large mats

20 bowling pins

10 gator skin balls

4 scooters

## Procedures

### Warm Up/Anticipatory Set:

Students will play Freeze tag

- Explain and lead warm up game of Freeze tag

### Learning Activities

#### Teacher

The teacher will:

- Explain and lead warm up game of Battleship (see description below)
- Verbalize and demonstrate proper overhand throw, noting that students must step with opposite foot when throwing ball
- Use the following cues for the throwing: big muscle, step, throw
- Demonstrate how the activity works using student help. (See game directions below)
- Check for understanding-visual observation.
- Monitor game for understanding, throwing form, and safety

#### Students

The students will:

- Practice throwing stance/cues without ball
- Demonstrate proper throwing technique
- Work as a team to knock down opponents' bowling pins
- Participate in physical activity (throwing, running, scootering)

## Battleship

Four mats are set up in a rectangular position on the gym floor. The distance between the mats depends on grade level and ability of students. On the floor in front of each mat, set up five bowling pins. A scooter (lifeboat) and pinnie for the "Captain" is placed by each mat. Gator skin balls are placed in the center of the four mat formations.

The class is broken into 4 teams. Each team has a designated ship. One student is on the lifeboat (scooter) and is called the captain. The captain is the only person who can retrieve balls from the sea (gym floor) and bring them back to the ship. The captain is not allowed to throw balls at the pins. Students on the mat may catch balls or reach for them on the floor, keeping one foot on the mat. Students on the mat try to knock down the pins at the other mats by throwing balls using correct overhand technique. At least one foot must be on their mat at all times. Students are not allowed to squat and guard the pins. The team with the last pin standing wins. Another student on the team then becomes captain. Teams may rotate to a different mat.

Note:

- If a team member accidentally knocks down a pin, it is considered knocked down and cannot be repositioned.
- Play will begin when the teacher says "Sailors, ready?" and blows the whistle.

**Differentiation:**

Students needing assistance with throwing will be given assistance or a smaller gator ball to use.

**Safety:**

Teachers will discuss safety with the students:

- o Students cannot throw gator balls at heads during warm up.
- o Students must be aware of where they are running in warm up.
- o Students must listen for whistle signal to begin play.

Teachers will continually scan the game/ gym for safety concerns.

**Closure:**

Cool down stretches. Students will put away balls, pinnies, bowling pins and line up and ask questions about the activity.

**Suggested Time Frame:**

25-30 minutes (includes warm up)

**References:**

Billy Sanders

**Reflection:**

The lesson plan was used for a group of 20 4<sup>th</sup> grade students. The students were eager to learn a new game and caught on quickly. The game progressed quickly and became more challenging when we increased the distance between the mats. It was interesting to see the different strategies used in the game. Some captains (on the scooters) tossed balls to their team mates on the ship, some captains scootered to their ship with one ball, and some captains scooped up as many balls as they could before returning to their ship. As the game continued, the teams began to work together and were excited when they won.

In the future, I would increase the distance between the mats more and switch up the team members. I would also have an exercise for the team to do when all of their bowling pins were knocked down. For example, I would have them do 10 jumping jacks or run a lap around the gym.

## Rubric

Name:

Score:

CATEGORY	3	2	1	Comments
Throwing	Student displays proper throwing form and displays the 3 steps in throwing (stepping with opposite foot, big arm and throw)	Student displays 2 steps in the throw	Student does not display proper form	
Student Participation	Student participates at all times.	Student participates most of the time.	Student does not participate.	
Student Behavior	Student displays socially acceptable behavior.	Student needs reminders on behavior.	Student needs constant monitoring.	

Battleship Set UP

