



## 5 Day Lesson Plan

**Overview:** In this lesson plan we have put together an outline of skills and activities you can use in the skating program. We have incorporated National Physical Education Standards as well as the latest in terms of development of balance, coordination and lifetime activities. We have put it together with a 45 minute class in mind; feel free to adjust for longer or shorter class periods, skill levels and behavior. We would like to thank all of our teachers that participate in the program as many of them have been the innovators of some of these games and activities through the years and we look forward to new ideas and ways to incorporate this great program into more schools and the student's life. You can refer to Skatetime.com under the teacher resources section for information on the games we listed.

Here are the NASPE standards we will focus on primarily, as we go through the lesson plan if you see a number in parenthesis it will pertain to one of these 5 standards

## National Standards & Grade-Level Outcomes for K-12 Physical Education

The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

To pursue a lifetime of healthful physical activity, a physically literate individual:

- Has learned the skills necessary to participate in a variety of physical activities.
- Knows the implications of and the benefits from involvement in various types of physical activities.
- Participates regularly in physical activity.
- Is physically fit.
- Values physical activity and its contributions to a healthful lifestyle.

**Standard 1** - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2** - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3** - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4** - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5** - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.



## 5 Day Lesson Plan

### DAY 1

**Equipment Required:** 2-3 gymnastics thin mats, 4 cones, roller skates, limbo stick, music 😊

**Setup:** Have the mats laid out along the floor in the middle, from the corner of each side of the mat place a cone 4-5 steps away to create the 3 lane progression. Have limbo stick and music ready 😊

10 minutes - detailed explanation of safety(4). Skills that will be taught are the T Stand, T Stop, braking with wheel, hockey stop, falling, standing up, turning, how to put on equipment and awareness of others. Have students practice getting up onto a mat and walking/balancing on the skates(1).

15 minutes – Have the students decide what lane they would like to skate in (lane one is the mat, lane 2 is between the mat and cones, lane 3 is outside the cones) feel free to put on music at this point and every minute or so have them practice a stop and reverse direction. (1, 3, 4)

10 minutes – LIMBO!!! (1, 2, 4, 5) Refer to Skatetime.com-Teacher Resources-Games and Activities

10 minutes – Have students take off equipment and put it back into the cabinets. This first day is a great time to make sure all the equipment is properly put away (buckled up, laces in shoe, helmets put away neatly, skates in the correct spot, etc) This will set the standard for the skates and make the next 4 days much easier!! (4)

### Objectives for Day 1

- Get the students equipment on and off correctly
- Have the students get ample time getting used to the skates
- Set the standard for a very safe unit
- Find out which students might need more help
- Keep the environment engaging and exciting



## 5 Day Lesson Plan

### DAY 2

**Equipment Needed:** 2-3 gymnastic thin mats, 4 cones, skates, numbers on corners of room, 4 pieces of paper with 1-4 on them, watch, music ☺

**Setup:** Same as Day 1. Find out how many laps of the gym it will take to reach a full mile. Have the numbers 1-4 posted in corners and walls of the gym, have numbered paper, watch and music ready.

5 minutes – Students put on equipment and get ready to skate. Anyone that is still having trouble putting on equipment can be helped by a peer (4)

5 minutes – Review safety and skills covered in lesson 1 (1, 2, 4)

20 minutes – 2 mile skate (2, 3, 5) Have the students count their laps as they go around the gym. They are being timed by you for 2 miles. Many will finish much faster than the 20 minutes. If a student is having trouble skating they can continue to practice on one of the lane progressions.

10 minutes – 4 Corners (4, 5) – Refer to [Skatetime.com](http://Skatetime.com)-Teacher Resources-Games and Activities

5 minutes – Students take their skates off and return equipment properly (4)

#### **Objectives for Day 2:**

- Find out the students 2 mile time for skating
- Re-emphasize safety and watch for any dangerous behaviors
- Practice getting skates on and off quickly
- Engage the students with 4 corners and create a fun, energetic atmosphere
- Build a community feel and get one or two teachers to skate with the students



## 5 Day Lesson Plan

### DAY 3

**Equipment Needed:** 2-3 gymnastic thin mats, 4 cones, skates, extra cones to designate tagging zone, noodles, music 😊

**Setup:** Same as Day 1. Have cones for tagging zone (noodle tag) ready or already set up and have music ready.

5 minutes – Students put on equipment and get ready to skate. Anyone that is still having trouble putting on equipment can be helped by a peer (4)

8 minutes – Review safety and skills covered in lesson 1 (1, 2, 4) Students then can warm up by skating around the gym

12 minutes – Red Light/Green Light (1, 2, 4, 5) - Refer to [Skatetime.com](http://Skatetime.com)-Teacher Resources-Games and Activities

15 minutes –Noodle Tag (1, 2, 4, 5) – Refer to [Skatetime.com](http://Skatetime.com)-Teacher Resources-Games and Activities

5 minutes – Students take their skates off and return equipment properly (4)

#### **Objectives for Day 3:**

- Have students talk about safety rules and identify important safety techniques
- Re-emphasize safety and watch for any dangerous behaviors
- Practice getting skates on and off quickly
- Have students master stopping and starting with red light/green light
- Get the principal to skate with a class
- Students increase skating skill level by playing noodle tag and having to move in new ways while avoiding taggers safely



## 5 Day Lesson Plan

### DAY 4

**Equipment Needed:** 2-3 gymnastic thin mats, 4 cones, skates, handballs (gator balls), 2 goals, team jerseys, music ☺

**Setup:** Same as Day 1. Have goals either set up or close to the side and ready to be used. At this point if no one is using the mats you can switch to just 2 lanes or have the mats to the side of the gym to make for an easier transition into the two activities for the day.

5 minutes – Students put on equipment and get ready to skate. Anyone that is still having trouble putting on equipment can be helped by a peer (4)

8 minutes – Review safety and skills covered in lesson 1 (1, 2, 4) Students then can warm up by skating around the gym with music playing

12 minutes – Human Shuffleboard (1, 2, 3, 4, 5) - Refer to [Skatetime.com](http://Skatetime.com)-Teacher Resources-Games and Activities

15 minutes –Team Handball (1, 2, 3, 4, 5) – Refer to [Skatetime.com](http://Skatetime.com)-Teacher Resources-Games and Activities

5 minutes – Students take their skates off and return equipment properly (4)

#### **Objectives for Day 4:**

- Have students talk about safety rules and identify important safety techniques
- Re-emphasize safety and watch for any dangerous behaviors
- Students will have a stronger start with having to push another student
- Students will practice balance on skates while having to be pushed
- Get the custodian to skate with a class
- Team handball will take students to a new, complex game where they must identify strategy and demonstrate stopping, starting, balance and turning while moving with others close by
- Continue to challenge the student's skill levels



## 5 Day Lesson Plan

### DAY 5

**Equipment Needed:** 2-3 gymnastic thin mats, 4 cones, skates, basketballs, hoops, team jerseys, watch and music 😊

**Setup:** Same as Day 1. Have basketballs handy and jerseys ready as well. At this point if no one is using the mats you can switch to just 2 lanes or have the mats to the side of the gym to make for an easier transition into the two activities for the day. Have watch and music handy.

5 minutes – Students put on equipment and get ready to skate. Anyone that is still having trouble putting on equipment can be helped by a peer (4)

5 minutes – Review safety and skills covered in lesson 1 (1, 2, 4) Students then can warm up by skating around the gym with music playing

15 minutes – 2 mile skate (2, 3, 5) Have the students count their laps as they go around the gym. They are being timed by you for 2 miles. Ideally you want students to finish with a much better time than day 2.

15 minutes – Sideline Basketball (1, 2, 3, 4, 5) – Refer to Skatetime.com-Teacher Resources-Games and Activities

5 minutes – Students take their skates off and return equipment properly (4)

#### Objectives for Day 5

- Have students talk about safety rules and identify important safety techniques
- Re-emphasize safety and watch for any dangerous behaviors
- Students will have a better time in the 2 mile skate
- Students will gain better balance while throwing a ball or shooting a ball
- Get someone from the district office (superintendent for example) to skate with a class
- Sideline basketball will require the students to work together to score points and create a good sense of community
- Continue to challenge the student's skill levels



## 5 Day Lesson Plan

### Rubric/Grading (50 point unit)

Students will be graded throughout the 5 day unit

Student exhibit safe behaviors towards themselves and others (10 points)

1 2 3 4 5 6 7 8 9 10

Student decreases their 2 mile skating time (10 points)

1 2 3 4 5 6 7 8 9 10

Student can effectively stop and start and stand up from a seated position (10 points)

1 2 3 4 5 6 7 8 9 10

Student can skate proficiently and get around the gym multiple times without falling down or needing human assistance (5 points)

1 2 3 4 5

Student can turn, balance and maneuver around while on skates during a game or while skating (5 points)

1 2 3 4 5

Student engages in the lifetime activity of skating each day (10 points)

1 2 3 4 5 6 7 8 9 10