

# Physical education lesson- floorball

## Lesson plan example

*Topic: Running a ball.*

*Forehand and backhand passing and taking a ball practice*

Detailed exercises:

Abilities:

- Appropriate ball leading, passing and taking a ball

Motorial:

- Developing speed and nimbleness level

Information

- Introducing hockey stick grasp concept and appropriate ball leading

Educational

- Using a hockey stick safely, group cooperation

Number of people: 8 girls

Time: 45 minutes

Equipment: hockey sticks, balls, floorball gates, flunkeys, benches

Independence developing methods: direct desirability of motion, curricular improvement

Productive methods: motional productive expression, problem method

Organization forms: frontal, individual, pairs

Stage	Students procedure	Time/amount	Teacher procedure	Aims
<b>Part I Introduction 15 minutes</b>				
1	2	3	4	5
<b>1. Group organization</b>	1. Rally	20 seconds	The teacher calls the register	
<b>2. Motivation for a lesson</b>	1. The teacher gives students' aims of the game	1 minute	The teacher checks the students' knowledge about floorball	The students know lesson aims
<b>3. Warm-up</b>	1. 'Ruchoma laska' game	3-4 repeats	The teacher gives command: 'take the hockey sticks' and gives the place of the game	Organism is being prepared for physical effort
<b>4. Exercises preparing for aims realization</b>	1. The students are running with the sticks in one direction, a signal informs them to change the direction	30 seconds	The teacher asks students to turn back and start running in the opposite direction	Organism is being prepared for physical effort
legs exercises				

legs exercises	2. The students are doing "skip a" with hockey sticks	15 seconds		Leg muscles development
trunk exercises	3. While lying the students put up their arms holding the sticks	30 seconds	Demonstration of the exercise	
trunk exercises	4. Bending of the trunk while lying	1 minute		
legs exercises	5. "Skip C" with the sticks	20 seconds		
trunk exercises	6. Stretch exercises	1 minute	Gives the place of the exercise	
arms, legs and trunk exercises	7. Forehand and backhand ball leading while running	1 minute	Demonstrates appropriate ball leading	
legs exercises	8. Leading the ball using a feet	30 seconds		Condition development
arms and legs exercises	9. Pass and take the balls with forehand using benches	1 minute	Chooses the students for demonstration	Arms, legs and trunk muscles development
arms and legs exercises	10. Pass and take the balls with backhand using benches	1 minute		
arms, legs and trunk exercises	11. Pair work. Passing a ball while walking	1 minute		Good cooperation
arms and legs exercises	12. Pair work. Passing a ball while running	1 minute		Using the stick safely

**Part II- Main body 25 minutes**

<b>Abilities forming, mobility development, main lesson aims realization</b>				
<b>Technique exercises</b>	1. The students stand opposite each other in two rows. They are divided into two groups	2 minutes	The teacher chooses the groups and gives a sign to start an exercise. He checks if the students do the exercise correctly	The students are getting familiar with forehand and backhand passing and taking a ball
	2. The students pass and take a ball by backhand stick side	2 minutes		The students cooperate appropriately in pairs
	3. The students pass a ball by forehand stick side	2 minutes	The teacher concentrates only on passing a ball	The students use a stick safely
	4. The students pass a ball by backhand stick side	2 minutes		

	5. The students pass a ball using once forehand and once backhand stick side	2 minutes	The teacher checks if the students change a stick side. He shows narrow stick keeping technique.	
	6. One person from a pair leads a ball doing a circle around the second person and runs back to the start place. Later on the first person pass a ball to the second one and S/he repeats the same	2 minutes	He gives a sign to start the exercise	The students can use an appropriate technique while running exercises. They can use narrow stick keeping technique
	7. The students stand in two rows and lead balls in slalom	2 minutes	The teacher gives a sign to change the arrangement, asks to place flags and let the students start the exercise	
<b>School game</b>	1. 'More balls' game- The students play in two teams. One team stands opposite the second one in rows. Each of them has a ball and a stick. There are few benches between them. The rule is to place the biggest number of balls (throwing it over the benches) on the opponent side using sticks. Each of them has three tries	4 minutes	The teacher gives a sign to change the arrangement, asks to prepare the benches, explains the rules of the game, chooses the winners and gives a command to start the game	The students are getting familiar with rules of the game. They stimulate their creativity. They can use appropriate technique during the game, understand the game's rules and accept a results
	2. 'Mini game'- the students play short matches on the halves of the gym in four teams. Each team has to play with three other teams	7 minutes	The teacher asks the students to make four teams, prepare the schedule of matches, asks some students to put out balls	Cooperate appropriately in group of many people
<b>Part III- Ending 5 minutes</b>				
Corrective and calming exercises				

corrective exercise	The students walk on all fours facing away and lead the balls by feet	30 seconds	The teacher asks to put out sticks and take balls. He gives the command: all fours facing away position.	The students adjust their figures
Organism calming	The students do an arms coordination exercise using floorball balls. They try to toss and catch a ball with right and left hand	few times	The teacher shows how to do the exercise	The students calm down organism, improve coordination, form reflex
Organizational and educational activities	The students take the equipment out of the gym. They discuss lesson's exercises	3 minutes	The teacher asks to take out the equipment. He discusses lesson's exercises, chooses the best students of the lesson.	

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