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ECUR 165 Introduction to Teaching in Secondary Schools

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### **Annotated Artifact: In Class Instructing Assignment**

For my first annotated artifact, I will be presenting my In Class Instructing Assignment from my Kin 250 class that I took this semester. For this assignment we had to plan a lesson to teach our class based on an expansion of a fundamental movement skill. Below I have copied and pasted my lesson so I can annotate and reflect on this piece of work. I have highlighted the parts I am annotating in orange and my evaluation and reflection comments are highlighted in pink.

**Fundamental Movement Skill:** Two-armed throwing

I chose to teach two-armed throwing because growing up I took a liking to the sport of basketball and this fundamental movement skill allowed me to be passionate and enthusiastic in my lesson to the class.

**Safety Considerations:** Avoid letting participants get hit with the ball, keep 1 and ½ meters between people, and be aware of surroundings.

**Introductory Messages (Key Points):** Face Target, Step with Opposite Foot, Follow-Through, Hands pointing to target.

When planning, I tried to use easy to understand language but challenging enough for my audience since we were kinesiology students in a second year class.

**Teaching Points:**

3 Phases:

Beginner: Feet Stationary, During the throw, body leans backward before flexing forward, Arms straighten, and ball is released with two hands, No weight transfer during the throw.

I prepared for a class of all capabilities because when teaching not everyone will be at the same level. Going through all of the phases (beginner, intermediate, advanced) will be beneficial for every learner.

Intermediate: Feet stationary, Ball is held near to chest with bent elbows pointing downward, during throw body leans slightly backward before arms are straightened and ball is released, little weight transfer during the throw.

Advanced: Ball is held with fingers spread around it, Elbows are bent and held just below shoulder level (winged outward), Step with opposite foot forward to initiate throw, Arms are pushed out strongly at chest level transferring force from shoulder to arms to hand, Legs are slightly bent to absorb force and weight transfers to front foot as ball is released.

When bringing together all of the phases to execute the two-armed pass effectively. I found it very helpful to explain the skill as well as demonstrate because this was an attempt at trying to cater to every learner within the classroom.

Warm-Up:

Within my warmup, I tried to allot enough time for everyone to get into the game as well as experiment with the equipment we would be using in the lesson. I did this because as learners it is important to test things out for yourself as well as work on manipulating the implementation.

<b>ACTIVITIES</b>	<b>TIME</b>	<b>KEY POINTS</b>	<b>EQUIPMENT NEEDED</b>
Free Play (Ball to self Introduction)	2 mins	Be aware of people around you, throw with caution, get a feel for the ball	Juggling balls x # of kids

Warm-up: Throw and Catch Tag	3 mins	Be aware of everyone running around, stay within boundaries, balls flying, warm up arms and shoulders	2 Dodgeballs, 2 Pinnies
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**Main Part:**

In the main part of my lesson, I chose a game that incorporated the evolution of the three phases of throwing called "Spot On", this gave students the chance to work on all three phases before moving into a more challenging activity. The throwing relay, I felt, worked efficiently because it got everyone moving and working together and allowed me to make variations as we played. The handball game I thought went very well because it was an easy to learn game that had everyone moving and wanting to score.

<b>ACTIVITES</b>	<b>TIME</b>	<b>KEY POINTS</b>	<b>EQUIPMENT NEEDED</b>
Game: Spot On	4 mins	Find spot on wall to use as target through all 3 phases (beginner, intermediate, advanced), Upon release fingers should be pointing to wall	Dodgeballs x # of kids
Activity: Throwing Relay	6 mins	Find target, quick release, first ball to get to the other side and back wins	3 Soccer balls & Basketballs
Game: Handball	10 mins	Pass to everyone, be a team player, be aware of people around you, team with the most wins at end of game, be strategic.	2 soccer nets, 2 soccer balls, pinnies.

**Cool-Down:**

In the cool-down part of my lesson, I decided to do a stretching circle because this brings everyones heart rate down fairly quickly as well as makes everyone feel included to lead a stretch.

ACTIVITES	TIME	KEY POINTS	EQUIPMENT NEEDED
Cooldown Activity: Stretching Circle	5 Mins	Everyone must do everyone's stretches, must come up with one stretch to make the circle go round, bring heart rate down	n/a

**Concluding Messages:** Reinforce Key Points, Ask Questions for Clarification, get participants to restate 3 key points necessary to successfully two-armed pass.

As I reflected on how I concluded my lesson I felt that these concluding messages helped me sum up what the students should have taken out of the lesson and test them to see how effective the three key points were. One thing I would change is that I could have found games that were for bigger groups of people compared to the ones I have which were for smaller groups. I did not expect that many people to come to class but I felt that these games were easy enough to try and adapt to these obstacles.

**Objectives - (What do you expect students to learn and why?)**

I felt that my objectives were very achievable based on my lesson plan since they had room to make changes.

From my lesson, students should learn the fundamental skill of throwing with the variation of two hands.

This is an important skill to learn because in terms of passing, this is the most efficient way to get the ball to your partner in game situations. I expect them to also learn to remember the 3 Key elements to ensure a successful two-arm pass: Find your Target, Step with opposite foot, Push through your release. Finally,

they will learn how to work together as a team to reach an end goal as well as the momentum building up to one.

**Class organization (how students will be able to hear you, see you):**

I thought the whistle was very effective because it was a quick and easy way to get everyone's attention especially when I was teaching 30 students.

I will have the students form a semi-circle "U" around me so students at all angles can see and hear me clearly as well as use a whistle to be assertive.

**Explain the Mechanics of skill you want them to learn:**

This skill was easy to demonstrate and as well for the students to pick up on. Being able to show how your body has to work together to execute this movement.

The two-handed chest pass is performed by moving the ball from the basic stance, half-turning it down for more force, extending both arms together, snapping the wrists outward as the arms extend fully, and then pushing with the fingers (the thumbs are the last fingers). The fingers also "steer" the pass, indicating its course. The upper body muscles will also play a role during longer passes, particularly the back muscles, which we will discuss in greater detail later. The final stance is held for a few seconds at the end of the pass to prevent any sudden movement from affecting the throw's trajectory. Naturally, the receiver's preferred point of aim must be the one that is the farthest from the receiver's own defense.

**List cue words/phrases you will repeat (have peers repeat out loud to help learn and remember):**

I think I did a good job of using easy to remember and understand language because at the end of my lesson the students were able to repeat them back to me and even when I put them on the spot within the lesson.

-Find Target

-Step with opposite foot

-Push through your release

### **Activities to practice learning the new skills (all members of group are active participants)**

**Throw-and-Catch tag:** This game really did a good job of getting everyone moving and was a great warmup game. It was easy to explain while making sure everyone was incorporated.

A variation of freeze tag, with two taggers (can wear pinnies) and two people holding balls. The people holding balls can throw to the frozen people to save them. Once a ball is in your hands, you can toss to someone else who is frozen to save them. When you get tagged, begin doing arm circles while you wait to catch the ball to warm your arms up.

**Throwing Relay:** I felt this game had a competitive aspect while at the same time incorporating a learning aspect. This relay ran smoothly and I was able to use various adaptations to challenge the students.

Depending on the number of people I will get them broken into 3 or more teams and get them to spread out in a line across the gym. The object of the game is to see which team can throw the ball the fastest and get it to the other side of the gym and back. Participants have to two-arm pass to their teammates to get the ball to one end of the line. The person at the end will aim and shoot at the wall and retrieve the ball to be passed back down the line. The first team to complete this relay wins the race.

**Handball:** This was a great game to show off the skill we learned within this lesson, it forced everyone to pass the ball, use teamwork, and focus on perfecting the skill.

Today we're going to play Team Handball. The object of the games is for your team to score more points than your opponent scores before the stop signal. You will be split into two teams, using your two-handed

throw you cannot run with the ball so it will force you to pass the ball to each other before trying to shoot on the goalie in the net. Change possession if the ball hits the ground after a pass or after an interception takes place. Shots are not considered passes. Offense may get a rebound from a shot.