

Coordination Lesson Plan

TRAIN @ School

Objectives

- Define coordination and what sports it is used in
- Apply coordination to sports

Outline

- Introduction :
 - Hopscotch
 - Sports that apply to coordination
- Instruction:
 - Define coordination
 - Modeling
 - Discussion
 - Application
- Activity:
 - Simon Says
 - Hacky sack
 - Table Tennis

- Table tennis
- Handball
- Golf
- Tennis
- Softball
- Volleyball
- Basketball
- Floor hockey



Supplies

Time: 15-60 minutes

Materials: table tennis
Table, paddles, table
Tennis balls, optional
Foam ball and Velcro
paddle, hacky sack,
floor tape, small
object

Resources

Special Olympics Website : <http://www.specialolympics.org/>
TRAIN Website: <http://trainso.blogspot.com>

Coordination

- Time: 15-60 minutes
- Materials:
 - Option 1: table tennis tables, paddles, table tennis balls, optional foam ball and Velcro paddle, and hacky sack, floor tape, small object
 - Option 2: any table, net made from cardboard, tennis table balls, regular table tennis paddle, optional foam ball and Velcro paddle, and hacky sack, floor tape, small object
- Objectives:
 - Given proper instruction about coordination, students will verbally explain to their teacher when asked, what “coordination” is along with sports which with its associated.
 - Students will be able to apply their knowledge of coordination in participating games that involve coordination including Simon Says, hacky sack, and table tennis
- Introduction to Lesson
 - Teacher should make a few hopscotch sequences with tape and spread them around the gym floor. They should also have some sort of small object for the students such as a balled up sock, a coin, or bean bag for the students to toss into the box. Teacher should explain the rules of hopscotch and then have the students get into small group and find a hopscotch sequence. They will then get the opportunity to each have a turn of playing a game of hopscotch. Teacher should demonstrate this skill before the students begin. **We’re going to play some hopscotch, get into groups of two or three, and go find a hopscotch sequence. Throw the object into a box and hop on one foot (two if it’s a double box). Each person should get one turn.** Teacher will supervise from the side and assist where needed.
 - List of sports that involve coordination. **Sports such as table tennis, handball, golf, tennis, softball, volleyball, netball, alpine skilling, badminton, basketball, cricket, figure skating, floor hockey, roller skating, snowboarding, speed skating, and snow shoeing.**
- Instruction
 - Once warm up and stretching has been completed, have the students take a seat and be ready to listen to the teacher.
 - Discuss the topics of coordination
 - Define Coordination
 - **Coordination is the ability to move two or more body parts under control, smoothly and efficiently.**
 - Modeling/ Demonstrating

- **When we played hopscotch at the beginning of class, we were working on our coordination.**
 - Discussion
 - **What sports do you guys like that involves coordination?** (Allow the students a few minutes to discuss).
 - Application
 - Teacher can use the sport of table tennis to demonstrate the importance of coordination. **In table tennis coordination is used to provide the hand eye synchronization that allows you to watch the ball and connect the ball to the paddle in order to return the ball. Coordination also allows you to move your feet to relocate to the redirection of the ball while it is being returned from the opposing team.**
- Activity
 - Simon says
 - Introduce coordination by playing a game of Simon Says. (**Simon Says is a fun game in which coordination is important. The individual who is “Simon” is going to give instructions that everyone else must follow. If “Simon” doesn’t say “Simon says” and you do what they said than you’ll be out!**) Students should spread out around the gym floor and the teacher can either pick a student to be the leader or participate as the leader them self. The teacher will says “Simon says touch your toes” and all the students should touch their toes. However if the teacher/leader does not say “Simon says” before the command then the students should not perform the command. If the students do the command anyway then they are out of the game.
 - Planned Differentiation: Teachers can vary this drill and make it more difficult by saying the commands faster and stating more than one command at a time. Such as “Simon says touch your nose then your toes then your hips.”
 - Guided Practice: Teacher will go through the commands slowly and wait for everyone to participate. No one has to sit out the game can continue until the time period set aside for the activity is over.
 - Limited Guidance: Teacher verbally prompts the student from the sideline, and keeps the game at a steady pace.
 - Independent Practice: Upon hearing the instruction, students follow the teacher’s directions with teacher supervision.

- Hacky Sack

- Hacky sack is another great game which reinforces coordination. (**Hacky sack is a fun game that you play with your feet and a little cloth ball filled with beans or rice. It involves foot/eye coordination; the aim of the game is to not let the ball hit the ground.**) Have the students break up into groups of 4 to 5. They will each be given a hacky sack. The students should go around the circle passing the hacky sack using only their feet, knee, and their ankles. The teacher can demonstrate how to pass and keep the hacky sack moving.
 - Planned Differentiation: This activity can be altered by how the teams are divided up such as having students with similar athletic ability all on the same team, or a variety of abilities on a team.
 - Guided Practice: The teacher will help students pass a hacky sack from person to person.
 - Limited Guidance: Teacher stands off to the side and engages the student through verbal prompting of what they are to be doing during the activity.
 - Independent Practice: Student performs the hacky sack activity by them self. The teacher will observe and encourage from the side.

- Table Tennis

- Introduce the sport of table tennis. (**Table tennis, also called ping pong, is a popular professional sport. It is similar to regular tennis, and it involves a great deal of hand/eye coordination in order to score points, and keep your opponent from scoring.**) Split the class into teams depending on the number of tables that are available. The instructor should go over the rules of table tennis and demonstrate how to pass the ball with the paddle and how to serve the ball.
 - Planned Differentiation: This activity can be altered by how the class is divided into teams. Such as having students with similar athletic ability on the same team, or having a balanced mix of abilities on a team. Also, a teacher can vary the number of games they have going on at one time. However, it is important to keep in mind that they must be able to supervise all of their students, even if they are participating in a game.
 - Guided Practice: Teacher divides the class into smaller teams. Therefore two games could be going on at one time. The teacher could play and closely supervise a team of students who may need more assistance during the activity. Also the students can

use foam balls and Velcro paddles. The foam balls will stick to the paddles. Then the student can throw the ball back to the other participant (There is no need for a table or net in this case).

- Limited Guidance: Teacher divides the class into smaller teams. Therefore two games could be going on at one time. The teacher will supervise the team of students who may need more assistance from the side through verbal prompts and encouragement.
- Independent Practice: The class is divided in two and the teacher stands to the side and supervises the whole class playing at once.
- Conclusion / Wrap up
 - After getting a drink, students will come back to the gym and line up. While in line, the teacher will review what was learned in class today, giving the students the opportunity to answer questions. **Today we talked about coordination. Who can tell me what coordination is? (Teacher calls on student). What sports do we find coordination in (Teacher calls on a different student).** Before dismissing the class, ask the students if they have any questions regarding what was discussed in class that day.

