

Holistic Lesson Plan 3

Note: If you are using this model as a prototype, please look at both the objective and the activities provided for each domain very carefully. In order for a lesson to qualify as "holistic" **there has to be a clear intention, either in the statement of the objective or in the activities provided, for growth to occur in that domain.**



Area of Concentration - Physical Education - Motor Skills

District Aim: The student will improve his/her motor skills

Goal: The student will improve his/her hopping skills

Grade Level: Kindergarten – This plan uses activities in all three domains in order to develop hopping skills, as well as positively reinforcement to the student.

*Note: This plan was created before the development of Wisconsin Model Academic Standards -- If you use this plan as a prototype for a general class, please include The WI Standards. If it is an individual client plan, that is not necessary.

- **Cognitive Objective** - When the student is practicing his/her hopping skills, he/she will be asked to identify numbers, animals, and colors.

Procedures: Using poly dots, the student will be asked to hop from one poly dot to the next. The teacher will ask the student to count out loud, in order, as the student reaches each individual poly dot. Next, the teacher will ask the student to name an animal as he/she approaches each poly dot. Lastly, the teacher will ask the student to name different colors as he/she reaches each individual poly dot. Verbal praise will be given when the student gives the right answer, however, positive reinforcement and assistance will be given when the student gives a wrong answer or has a hard time with the topic area.

- **Affective Objective** – While the student is not participating in the activity, he/she will be asked to help the student who is participating when that student needs help. The students will also be expected to cheer one another on.

Procedures: As one child is going through the poly dot maze, the students who are in his/her group will be expected to cheer that student on. If the teacher asks the students in line to help the participating student out with the cognitive element, he/she will ask for their assistance and they will be expected to help that student out. Verbal praise and encouragement will be given to the students for their positive attitudes and social skill development.

- **Physical Objective** - The student will be expected to hop through the entire maze without stopping, except to voice his/her cognitive element, using 100% effort.

Procedures: The student will begin as soon as the previous student reaches the last poly dot. He/she will be expected to continue through the poly dot maze giving 100% participation and effort. Verbal praise will be given for the student's hard work and effort.
