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School of Education  
**Lesson Plan #4**

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**Subject:** Physical Education

**Grade Level:** High School

**Time Estimate:** 90 mins

**Unit:** Skill-related physical fitness

**Topic:** Agility

**Goal(s):** To develop the student's knowledge of and skill level related to agility while increasing their fitness level.

**Objective(s):** TSWBAT perform the correct pattern of movement as they maneuver the speed ladder based on the given directions by the end of the class period.

**TEKS:** §116.55 Individual Sports c (6) c

§116.56 Team Sports c (2) a, (5) a

**Materials/Resources/Technology needs:**

Speed ladder (1), Heart rate monitor (Class Set), Crossword Sheet (25), Treadmills (x5)

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**Instructional Procedures**

- **Focusing Event:**

The students will enter the class and have their seat at their desks. I will ask the class to quickly turn and talk to a partner and share two things that they learned from their last time in our class. After this, I will tell them the learning objectives for the day and establish the rotational routine for that class period.

- **Teaching/ Learning Procedures:**

1. Have the students come in and sit at their seats.
2. Conduct the focusing event.
3. Review the objectives of the day.
4. Ask the students the questions about skill related fitness: 1) What do you think of when you hear the term "agility"? 2) Can you identify a sport where a player's agility matters?

5. Listen to the responses of the students.
6. Provide students with a concrete definition of agility.
7. Establish the rotational routine for the entire day.
8. Those on *Table time* will have their assignment from the last class period to finish up and have a new crossword and matching assignment to compete.
9. Those students on the *Treadmill* station will have to set their treadmill at 3.5 speed and 3.0 incline or a speed and incline that keeps the students' heart rate above 135 bpm.
10. Those that are in station 3/*The Agility Station* will be put through a series of different agility exercises.
11. Each station will have an allotment of 20-25 mins at each station.
  - i. Table time → Treadmill
  - ii. Treadmill → Agility Station
  - iii. Agility Station → Table Time



12. Close the class by conducting an exit ticket with the students by asking them to recall the definition of agility and ask why they believe it is important in so many different sports.

- **Formative Check** (ongoing or specific): The formative check will be conducted when the students are thinking and talking through the focusing event and during the practice portion of the activity at the agility station and on the treadmill.
- **Reteach (alternative used when needed)**: Model the proper way to perform the different ladder drills and have different drills that mirror the advanced skills on a beginner's level.
- **Closure**: Students will perform the exit ticket as their closure for the lesson.

**Assessment/Summative Evaluation:** The *Agility Station* will serve as the summative assessment for the day, as the students will have multiple opportunities to perform each of the components being observed and will be receiving feedback to make corrections as they move through the sequences of the activity. The word search will also be collected and graded.

**Modifications/Notes:**

ELLs: I would have them pair up with a more English-proficient, native Spanish-speaking peer explain the given instructions to them and provide modeling for the student on a 1-on-1 basis. Have the students read the instructions in English so that they have more processing time.

Sp. Ed.: Have the students participate in all the activities with a slightly slower and more manageable speed and incline setting for the treadmill and have them perform only the beginner level ladder drill until proficiency is gained. Then have them progress on a teacher-approved basis.