

# Instructional Sequence

**Content Area:** Horseshoes

**Instructional Level:** 9th grade

	Week 1	Week 2
<b>Monday</b>	Stretch Routine <b>Warm up-</b> Plyometrics <b>Intro:</b> Horse Shoes <ul style="list-style-type: none"> <li>• Playing area and equipment</li> <li>• History</li> <li>• Basic Rules</li> <li>• Scoring</li> <li>• Safety</li> </ul> HAND OUT PROVIDED <b>Cognitive:</b> Safety, Rules, and Scoring <b>Personal/Social:</b> Cooperation	Stretch Routine <b>Warm up-</b> Plyometrics <b>Intro:</b> Quick review of game play, rules, and scoring <b>Concept:</b> Team game play, using official scoring and rules, if pits are limited, bean bag toss game can be supplemented <b>Cognitive:</b> TA form, rules, scoring <b>Personal/Social:</b> Sportsmanship, teamwork, Responsibility
<b>Tuesday</b>	Stretch Routine <b>Warm up-</b> Calisthenics <b>Intro:</b> Check for cognitive understanding <b>Demonstrate:</b> Single turn delivery, and TA form of a horse shoe pitch <b>Concept:</b> Single turn delivery, and TA form of the horse shoe pitch, with bean bags or makeshift/indoor horse shoes <b>Cognitive:</b> Movement concepts and cues for TA form <b>Personal/Social:</b> Self Accomplishment	Stretch Routine <b>Warm up-</b> Calisthenics <b>Concept:</b> Team game play, using official scoring and rules, if pits are limited, bean bag toss game can be supplemented  <b>Cognitive:</b> TA form, rules, scoring <b>Personal/Social:</b> Sportsmanship, teamwork, Responsibility
<b>Wednesday</b>	Stretch Routine <b>Warm up-</b> Free Weights <b>Intro:</b> Check for understanding of TA form of pitch, and single turn delivery <b>Concept:</b> Practice proper	Stretch Routine <b>Warm up-</b> Free weights <b>Concept:</b> Team game play, using official scoring and rules, if pits are limited, bean bag toss game can be supplemented

	<p>form and grip, while pitching shoe at official distance into a 10 by 10 foot target.</p> <p><b>Cognitive:</b> Proper TA form and Single turn grip</p> <p><b>Personal/Social:</b> Self Accomplishment</p>	<p><b>Cognitive:</b> TA form, rules, scoring</p> <p><b>Personal/Social:</b> Sportsmanship, teamwork, Responsibility</p>
<b>Thursday</b>	<p>Stretch Routine</p> <p><b>Warm up-</b> Jump ropes</p> <p><b>Concept:</b> Bean Bag Toss game (BAGS) at official distance. Using TA form and single turn delivery. Game equipment provided by Wood Shop</p> <p><b>Cognitive:</b> Proper TA form and single turn delivery</p> <p><b>Personal/Social:</b> Team Work and Cooperation</p>	<p>Stretch Routine</p> <p><b>Warm up-</b> Jump ropes</p> <p><b>Intro:</b> Quick review of materials on the unit test</p> <p><b>Concept:</b> Horse Shoes unit test</p>
<b>Friday</b>	<p>Stretch Routine</p> <p><b>Warm up-</b> Mile run</p> <p><b>Intro:</b> Take students to Horse shoe pits, demonstrate player locations, pitching actions, scoring, and overall game play</p> <p><b>Concept:</b> Students will begin to practice proper TA forms and pitches on regulation horse shoe pits</p> <p><b>Cognitive:</b> Rules, Scoring, Gameplay</p> <p><b>Personal/Social:</b> Cooperation, Responsibility</p>	<p>Stretch Routine</p> <p><b>Warm up-</b> Mile run</p> <p><b>Concept:</b> Horseshoe Tournament or move on to new unit if necessary.</p>