

# Unit Plan Assignment Guidelines

## Division of Physical Activity & Health, Eastern Oregon University

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Students are expected to present a 3-week unit plan as assigned. Each week of the unit plan shall have four 30-minute class periods. The unit plan should contain the following elements:

- Introductory information (1 point): Student name, unit name, and grade level of students.
- Unit objectives (2 points): What the students are expected to demonstrate competency in by the end of the unit. Generally there should be a list of 5-10 objectives that cover the basic skills and knowledge. In addition, objectives should address other learning domains such as sportsmanship, teamwork, and social development. **Objectives should be specific, observable, and measurable.** Example: each student will successfully dribble the length of the court using each hand.
- Schedule (2 points): An introductory daily schedule for the unit presented in calendar format. This should be on a separate page near the beginning of the unit plan. Make sure to include the following in the unit plan schedule: basic rules, basic skills, games, and evaluation.
- Lesson plans (8 points): Complete outlines for each day that follow the recommendations addressed in the class including good teaching cues and well-designed activities (see [http://www.eou.edu/~bsather/pes294\\_teaching\\_team\\_sports/teaching\\_and\\_lesson\\_plan\\_design.pdf](http://www.eou.edu/~bsather/pes294_teaching_team_sports/teaching_and_lesson_plan_design.pdf)). The information should be presented from a variety of sources. Any information from the instructor's website must be used sparingly. There must be a different lesson plan for each of the 12 days in the unit. If one of the days is dedicated to a written test, then the test must be included in your unit plan.
- Rules (2 points): There should be a lesson plan or handout that includes a general list and explanation of basic rules of the game.
- Evaluation procedure (4 points): How will the students be graded for the unit? Examples include skill tests, written tests, attendance, or participation. It is preferable to utilize a combination of evaluation techniques that are more objective than subjective. Instead of saying students will be graded on how well they throw the ball, they should be graded on something more objective like accuracy of their throw (e.g. hit the target 7 of 10 times). Attendance is also a very objective evaluation but does not measure how actively they participate in developing their skills. Make sure to identify the percentages assigned to each of the evaluation components (e.g. skill test 30% of grade). All skill or fitness tests should be explained in detail including how they will be evaluated. Including scoring rubrics is recommended. Written tests may be referred to but are not required to be submitted, unless one of the days in the unit plan is entirely dedicated to the test.
- Reference list (1 point): See below for referencing style.

### Resources

Students should use many resources to gather and present information in the unit plan. Examples include the library, internet, classmates, coaches, and the text book. All paraphrased or quoted sources must be properly referenced using American Psychological Association (APA) format. For example, if someone else's lesson plan is used it must include a reference to the original source. See the APA style guide for more information at <http://www.eou.edu/~bsather/documents/apa.pdf>.

### Submitting the Unit Plan

Unit plans are due before midnight on the day they are indicated as due on the schedule. The document format should be Microsoft Word (DOC) or RTF.