Planning a teaching period with Lü

Title
First class with Lü

Duration	60 minutes
Student level	All ages

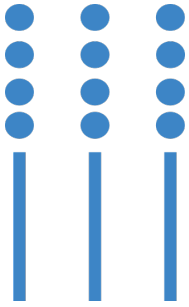
Educational intent/Skills developed
1. Using strategies to keep
one's balance (position of arms and legs)
2. Handling a basketball
3. Interacting with one's peers in basketball
4. Doing stretching exercises

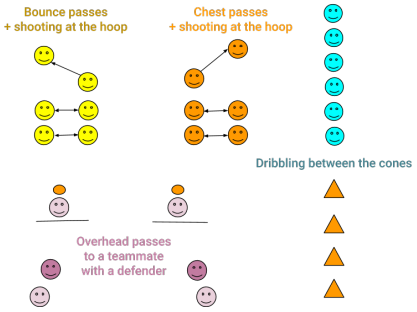
Evaluation criteria
1. Using one's arms to maintain balance
2. Putting the learned movements into practice
3. Not assessed/Observation period
4. Not assessed/Observation period

Equipment	
☐	Hoops
☐	Overturned balance bench
☐	14 basketballs
☐	Cones
☐	

Lü applications	
Warm-up	Target
Game 1	Spörts
Game 2	
Game 3	
Cooldown	Chrono (stopwatch, timer, intervals)

Physical layout (gym floorplan)			
	Warm-up - Lü: 3 targets on the wall	Basketball	Lü: Bascket ball hoops, slip screen





Instructions / Sequence of events	
Basketball stations (40 minutes)	**Warm-up (5min.)**
1. Present the 4 basketball stations to the entire group.	1. Do the balance course (benches +
2. Divide the group into teams and let them go to their first station.	jumps).
3. Rotate stations every 10 minutes.	2. Throw the ball at a target + put it away.
	3. Start over.
	Cooldown (5 minutes)
	Stretching and flexibility
	exercises using Chrono's
	"Interval" option

Safety / Classroom management notes
Prepare warm-up courses before students arrive.
Ask a few students to help put away the warm-up course.
Prepare stretching and flexibility exercises in the Chrono application beforehand.