**Sport Education Sample Lesson Day 1**

1. **Team Selection**: Index Card preferred method.
2. **Choose team name and mascot.** (Report these to teacher for approval. Teacher assigns **color** and number. Place on folder.)
3. **Assign roles for the team**. Fill out role sheet. Assign according to what is needed for this season and number of players on a team.
4. **Begin making team poster**: Must include Team name, mascot, names of players (roles and something they like to do) **1-20 points**
5. **Tasks to be completed:**
6. **Captain**: Read and sign contracts as a team. **(10 points)**
7. **Exercise specialist** makes up the warm up using a variety of Health and Skill related activities.
8. **Coach**: plan a team warm up 5 minutes with equipment.
9. **Captain:** Make sure all team members are following instructions.
10. **Motivator**: Make team cheer.
11. Put poster on the wall when complete. May work on these again at the beginning of class day 2.

1. **Next whistle go to your assigned court.**
* Manager gets the equipment and jerseys for your team.
* Warm up with equipment. Led by coach. **(Possible 10 points)**

**\*\*\*Team points are deducted for conduct violations during warm-ups, practices and games. Points are given for positive behavior. \*\*\***

**Note: In this Sport Education Season:**

1. **# of Teams \_\_\_\_\_\_\_\_\_\_\_**
2. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_Members of each team play at one time.**
3. **If a team has more than \_\_\_\_\_\_\_\_\_\_\_ players, the team members take turns substituting. Everyone must be a substitute.**
4. **If a team has less than \_\_\_\_\_\_\_\_\_\_ players on a given day, the team plays short handed.**