If you were to look through a wide-angle lens at your teaching (and all the work that comes before and after the actual instruction), you would see the five items listed above as your guideline. Use this document to refresh your thinking about a particular unit and how you go about teaching that unit.
Determine outcomes
What do you want students to “get”, “do” and “value”?

- (get) Students will be able to list the cues of the underhand throw
- (do) Students will be able to demonstrate the correct form for the underhand throw
- (value) Students will choose to perform the underhand throw when throwing to a partner in a small area.

Assessment
How will you gather that information? What tools will you develop?

- Checklists
- rating scales
- performance assessment
- assignment sheets

Planning
How will you incorporate your assessment tool into your lesson?

- Reciprocal learning activities with a peer assessment.

Instruction
Teach the lesson!

Assessment
Evaluate how your assessment plan worked. Make any needed changes.

Ask the big three questions
- What went well?
- What would you change?
- What did you learn about yourself as a teacher? As a person?