

## Lesson for Multiple Intelligences

Learning objective:

**Students will be exposed to a variety of activities providing them the opportunity to:**

Apply learned fundamental skills.

Utilize physical activity as a tool to manage stress.

Empower themselves by setting and working toward realistic individual goals.

Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.

Participate in active learning to stimulate continued inquiry about physical education, health and fitness.

**Lesson:** Floor hockey intro day. Students will break out into 3 groups, reading group, video group, and skills group. These groups will just be random.

**Reading group:** There will be the rules and given overall of how floor hockey works. Then the group will talk and discuss within each other any concerns or topics they want to within floor hockey. This will provide information and knowledge for people who are linguistic intelligence.

**Video group:** a short video will play showing how floor hockey will work including what the rules are and how they work. The video will end with skills training showing the students some skills drills. This will serve students best who are visual and spatial intelligence learners.

**Skills group:** some of the skills that were seen in the video will be preformed in the skill group. I will be in this station helping some of the students and directing them. Students will be working on things like ball handing and starting off their basic shots. This will help the learners who are Kinesthetic.