

Recreation & Leisure
Lesson Plan—Emerging
Billiards / Pool

Instructional Area: Leisure Community Home Living / Daily Living
Ability Level: Emerging Developing Mastery

Topic / Skill Outcome:

- Billiards

Learning Area(s):

- Communication
- Math & Science
- Social Studies
- Personal Resource Management
- Physical Education / Recreation & Leisure

Purpose of Lesson / Objective:

- Improve students billiard shooting form and technique

Materials / Equipment / Environment:

- Pool table
- Pool stick
- Balls
- Rack
- Bridger
- Chalk

Group Size: 2-4 **Time Required:** 30 minutes (flexible)

Lesson Procedure:

- Par 3
- 1. Rack the 3 balls in a triangle where the balls are usually racked
- 2. Demonstrate how to hold the cue/pool stick
- 3. Demonstrate how to use the cue to hit the white ball
- 4. Player breaks and counts each shot until the balls are made
- 5. The number of shots taken is the player's score
- 6. The object is to only take 3 shots
- 7. Then the other players try to match or beat the score to have the fewest number of shots

Carry Over / Related Activities:

- Shuffleboard, 8-ball, 9-ball and Rotation

Supporting Activities / Possible Adaptations:

- Any activity that incorporates shooting and the handling of the pool cue
- Adaptations might include using a bridge or any assist that might be needed to hold the cue stick

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Strategies for Participation:

- Tournaments and/or Contests
- Partners or teams

Student Reaction / Evaluation:

- Keeping track of scores and records

Lesson Support:

This activity can be used for all levels with adaptations when necessary. It is a fun and a non-threatening competitive activity. Sportsmanship, hand-eye coordination, provides for sensory input, positive social interaction and strategic planning.