

Weekly Lesson Plan- **Physical Education 3-4**

Teacher: Dollar

Strand: → Movement Competency Cognitive Abilities → Responsible behavior Lifetime Fitness

Date	Unit/Objective	Equipment	Lesson
<p>April 18th, 2017</p> <p>Lesson 1</p>	<p>Hitting a ball; accuracy with aiming; teamwork</p>	<p>Two beach balls</p>	<p>Warm up: (10 min) Students will do 3 laps: first lap walking, second lap skipping, and third lap running. Then class lines up on the black lines as teacher leads them in stretches: arms, legs, jumping jacks, push-ups, sit-ups, planks, wall sits, etc.</p> <p>Game/Challenge: (30 min) Net-less Volleyball</p> <p>Students will be split into four teams, with two teams playing against each other on each half of the gym. The teams will work together in their given space to play a volleyball-like game with a beach ball. They can hit the ball endless times as long as it doesn't hit the ground and the same person can't hit the ball twice in a row. If one of those things happens, the other team gets a point. The teams must be careful not to bump into each other. Team with the most points wins.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>April 20th, 2017</p> <p>Lesson 2</p>	<p>Running; dodging; and tagging.</p>	<p>4-5 red jerseys</p>	<p>Warm up: (10 min) Students will do 3 laps: first lap walking, second lap skipping, and third lap running. Then class lines up on the black lines as teacher leads them in stretches: arms, legs, jumping jacks, push-ups, sit-ups, planks, wall sits, etc.</p> <p>Game/challenge: (30 min) PacMan</p> <p>Students will be playing PacMan (Line tag). The first round will start with one student being IT, then the second round there will be two students who will be IT, and so on.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>