

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 25th, 2017</p> <p>Lesson 1</p>	<p>Hitting a ball with a bat; catching; throwing; and teamwork</p>	<p>T-Ball set with bases</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) T-Ball</p> <p>Divide the class into two teams. One team will be the infield, and one will be the outfield. The game is played like baseball, only the Tee is set up for players to hit the ball instead of having a pitcher. Students can get “out” when their ball is caught by an opposing player or if the outfield team gets the ball to the base before the runner. After three outs, the teams switch. Team with the most points at the end of the game wins.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>April 27th, 2017</p> <p>Lesson 2</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) Stations</p> <p>Divide students into four groups. Groups rotate to each station. Stations last 5-7 minutes.</p> <p>Station 1: Basketballs Station 2: Jump Ropes/Ribbon wands Station 3: Balls/Frisbees Station 4: Scooters</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>