

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 4th, 2017</p> <p>Lesson 1</p>	<p>Throwing and catching with accuracy</p>	<p>Two foam balls; red pinnies; two nets</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) Handball</p> <p>Students will be split into four teams and play Handball, with two games being played simultaneously on each half of the gym. Each game will have one foam ball. The teams have to pass the ball to each other and throw it into the opposing team's net. If they drop the ball, it goes to the other team and they get a chance to pass the ball to each other and score. The other team can try to interfere with the passing, but cannot touch a player.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>April 6th, 2017</p> <p>Lesson 2</p>	<p>Throwing, catching, and dodging with accuracy</p>	<p>Cones; dodgeballs</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) 4-Way Dodgeball Students will be split into groups of 4 and have a 4-way game of dodgeball.</p> <p>Cool Down: (5 min) Group high-fives, deep breaths, stretches</p>