

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

Teacher: Dollar

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

Date	Unit/Objective	Equipment	Lesson
<p>December 13th, 2016</p> <p>Lesson 1</p>	<p>Throwing a small object with accuracy at a target.</p>	<p>Hula hoops, bean bags, white boards to keep score</p>	<p>Warm up: (10 min) Students will [jog, skip, walk, lunge, shuffle...] laps as music plays When music stops the teacher will call out a number and an exercise or stretch for the students to complete (teacher will model and count with students).</p> <p>Game/Challenge: (30 min) Beanbag Horseshoes Divide students into groups of 5. Place two hula hoops about 30 feet apart as targets. When throwing, players must stay behind the hoops. Each player is allowed one throw at a time. A beanbag that lands in the center of the hoop counts as 3 points, and a beanbag that ends up being closest to a hoop counts as 1 point. Players now throw the beanbags to the hula hoop they just came from. The first pleyer to score 10 points wins. Championship game to follow (if time permits) with winners from each game.</p> <p>Cool Down: (5 min) Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
December 15 th , 2016 Lesson 2	Running, tagging, and throwing objects at a target with accuracy.	Hula hoops, beanbags	<p>Warm up: (10 min) Students will [jog, skip, walk, lunge, shuffle...] laps as music plays When music stops the teacher will call out a number and an exercise or stretch for the students to complete (teacher will model and count with students).</p> <p>Game/challenge: (30 min) Steal the Beanbags</p> <p>Divide students into two equal teams on a basketball court. Place a hula hoop, each containing 5 beanbags in the center, at the far end of each side. The object of the game is for teams to cross over the center line to grab beanbags from the opposing team and put them into their own team's hula hoop. The first team to get all 10 beanbags into their hula hoop wins. If time runs out, the team with the most beanbags at the end wins. Once team members cross the center line they are in their opponents' square. If they are tagged on the back of their shoulders by the opposing team, they must freeze and place their hands on their heads. They cannot move until one of their own team members tags them on their shoulders. Once this happens, the "frozen" team member is back in play.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>