

## 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 20<sup>th</sup>, 2016</p> <p>Lesson 1</p>			<p><b>Warm up: (10 min)</b>            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><b>Game/Challenge: (30 min) Free Choice</b></p> <p>The end of the month means students get to vote on their favorite activity from the month of December. This could include: bean bag toss, capture the bean bag, basketball, basketball drills, or dodgeball.</p> <p><b>Cool Down: (5 min)</b></p> <p>Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>December 22<sup>nd</sup>, 2016</p> <p>Lesson 2</p>			<p><b>Warm up: (10 min)</b>  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><b>Game/challenge: (30 min) Stations</b></p> <p>Divide students into four groups. Groups rotate to each station. Stations last 5-7 minutes.  Station 1: Bean bag toss  Station 2: Floor hockey  Station 3: Basketball  Station 4: Scooters</p> <p><b>Cool Down: (5 min)</b></p> <p>Group high-fives, deep breaths, stretches</p>