

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 6th, 2016</p> <p>Lesson 1</p>	<p>Dribbling and shooting a basketball</p>	<p>Basketballs, 6 sets of # mats 1-5</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) Around the World Set up number mats at six of the basketball hoops for Around the World. This is where students shoot the basketball from. Divide students into six groups. Each student will need a basketball. The first student shoots from the first spot: if they make it, they move on to the next spot; if they miss they have to wait until it's their turn again and try again. A student can't move on until they've made the shot. The first student to make it around the world (has made all five shots) is the winner. Free play if time permits.</p> <p>Cool Down: (5 min) Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>December 8th, 2016</p> <p>Lesson 2</p>	<p>Dribbling and shooting a basketball</p>	<p>Basketballs, red pinnies</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) Basketball</p> <p>Divide students into four equal teams (two teams per game, and there will be two games going at the same time). Two teams play on the left side of the basketball court, two teams play on the right side of the basketball court. One team from each side will wear the red pinnies. 5 players play at a time. After a basket is scored, teammates switch.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>