

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

Teacher: Dollar

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

Date	Unit/Objective	Equipment	Lesson
February 14 th , 2017 Lesson 1	Matching; running; tagging	Valentine hearts; two paper bags	<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) Valentine Match</p> <p>Pick one student to be, "IT." Students are divided in half. Each student picks one heart. At, "Go," students try to find their partner who has a matching heart (uppercase to lowercase letters). Once the Valentine heart match is made, students link arms and pairs have to get to a hula hoop to be safe without getting tagged. If students are tagged, they are now taggers the next round.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
February 16 th , 2017 Lesson 2	Hitting a small object	Scooters; mini floor hockey sticks; indoor hockey puck	<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) Scooter Boom Ball</p> <p>Divide the class into two teams. Two players from each team will be the goalies—their job is to keep the puck from hitting the purple mats. Scooter Boom Ball is played like floor hockey only each player is on a scooter. Players use mini hockey sticks to hit the puck and try and score a goal. Team with the most points wins.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>