

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

Teacher: **Dollar**

Date	Unit/Objective	Equipment	Lesson
<p>February 14th, 2017</p> <p>Lesson 1</p>	<p>Team work; balance/ coordination</p>	<p>Marbles; paper plates; cones; buckets</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) Relay Races</p> <p>“We lost our Marbles.” Divide students into equal teams of 5 or less. Each team lines up at the start line. At the start line, each team has a bucket, a paper plate, and five marbles. About 10 paces out, there is a cone set up for each team. At the ready, the first player in line gets their five marbles out of the bucket and balances them on a paper plate. They must walk around the cone and back without dropping any marbles. If a marble is dropped, the player must stop and pick it up. When they make it back to their team, they pass the plate and marbles off to the next player in line. As each team finishes, the last player in line must get all the marbles back into the team’s bucket to finish the relay. The first team to complete the relay is the winner.</p> <p>“Flamingo Hop.” Dived students into equal teams, with each team being able to have pairs. Students pair up at the start line. There is a cone set up about 10 paces away. Each pair stands side-by-side, hands around the waist of their partner. With their free outside hands they each reach down and grab their outside foot and hold it up behind them. Each pair hops around the cone and back to tag the next pair in line. First team finished wins!</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>February 16th, 2017</p> <p>Lesson 2</p>	<p>Team work; balance/ coordination</p>	<p>Spoons; balloons; cones</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) Relay Races</p> <p>“Spoon Balloon.” Divide the class into equal teams of 3-5 students. Each team is given a spoon and a balloon for this relay race. Cones for players to round the mark are set out about 10 paces away. At the start, players from each team put a balloon on their spoon, round the mark, and pass the spoon/balloon to the next player in line. If the balloon falls at any point, players must stop to pick it back up. First team to finish the relay wins.</p> <p>“Kangaroo Hop.” Each team is given a balloon and a cone set out about 10 paces away. Players on each team put a balloon in between their knees and hops around the cone and back. If at any time the balloon falls, the LAST player in line must run out to get it and put it back. First team to finish the relay wins.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>