

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

**Teacher: Dollar**

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

Date	Unit/Objective	Equipment	Lesson
February 28 <sup>th</sup> , 2017  Lesson 1			<p><b>Warm up: (10 min)</b>            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><b>Game/Challenge: (30 min) Stations</b></p> <p>Divide students into four groups. Groups rotate to each station. Stations last 5-7 minutes.</p> <p>Station 1: Ribbons/Basketballs            Station 2: Balancing cups            Station 3: Hula hoops/jump ropes            Station 4: Scooters</p> <p><b>Cool Down: (5 min)</b></p> <p>Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>March 2<sup>nd</sup>, 2017</p> <p>Lesson 2</p>	<p>Shooting a basketball</p>	<p>Basketballs</p>	<p><b>Warm up: (10 min)</b> 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><b>Game/challenge: (30 min) Basketball H-O-R-S-E</b></p> <p>Students will be split into groups of 5 and each group will go to one basket. Player #1 shoots from anywhere on the court. If s/he makes the shot, then Player #2 must duplicate and make the same shot. If Player #2 misses, s/he gets a letter (spelling out "horse"). If Player #1 had missed, then Player #2 gets to shoot from anywhere on the court. Continue in this manner until all players in the group have had a turn.</p> <p><b>Cool Down: (5 min)</b></p> <p>Group high-fives, deep breaths, stretches</p>