

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

Teacher: Dollar

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

Date	Unit/Objective	Equipment	Lesson
February 7 th , 2017 Lesson 1	Jumping Rope	Jump Ropes; CD player	<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) Jump Rope</p> <p>First, jump rope demonstration by the teacher. Stand with feet shoulder-width apart. Hold the jump rope firmly with thumbs pointed down. Then swing the rope over your head so it lands in front of you, and then step over the rope. Encourage students to make one jump at a time if they need to. Progress to various types of jumps: hip twists, straddles, hop on one foot, etc. 3rd and 4th grade can also use the single long jump ropes for group games and chants.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
February 9 th , 2017 Lesson 2	Jumping Rope	Jump ropes; cones; dice with jump rope instructions; CD player	<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) Jump Rope Stations</p> <p>Set up jump rope stations around the gym by taping the jump rope trick sheet to an orange cone. Students will bring their jump ropes from station to station, practicing each type of jump at each station. One station will have foam dice to roll, with corresponding jump rope tricks to try. Teacher will signal station changes every 3-5 minutes.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>