

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

**Teacher: Dollar**

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

Date	Unit/Objective	Equipment	Lesson
January 10 <sup>th</sup> , 2017  Lesson 1	Running	Hula hoops	<p><b>Warm up: (10 min)</b>            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><b>Game/Challenge: (30 min) Pac-Man Tag</b></p> <p>Choose one student to be "it." All other students must run on the gym floor lines to avoid being tagged. If a student is tagged, s/he becomes a "roadblock" that other students cannot pass. The student who is "it" may tag someone who is running around, and is able to go around "roadblocks." Other rounds you can add students to be "it" so there are three or four taggers.</p> <p><b>Cool Down: (5 min)</b></p> <p>Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>January 12<sup>th</sup>, 2017</p> <p>Lesson 2</p>	<p>Running</p>		<p><b>Warm up: (10 min)</b>  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><b>Game/challenge: (30 min) Beanbag Tag</b></p> <p>Each student starts with a beanbag. The object of the game is to tag others by hitting their shoes with an underhand throw of the beanbag. If a player is hit on the shoes with a beanbag, s/he must do ten jumping jacks (or similar activity) before being allowed back into the game.</p> <p><b>Cool Down: (5 min)</b></p> <p>Group high-fives, deep breaths, stretches</p>