

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

Teacher: Dollar

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

Date	Unit/Objective	Equipment	Lesson
January 3 rd , 2017 Lesson 1	Teamwork; kicking a large rubber ball; catching a large rubber ball	Kickball; bases	<p>Warm up: (10 min) 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>Game/Challenge: (30 min) Kickball Divide students into two equal teams on a baseball diamond. One team will be up to kick, while the other team plays the field. The pitcher rolls the ball to home-plate. The kicker kicks the ball into the field and begins running to each of the cones on the baseball diamond (like softball). The outfielders can get the runner out by (1) catching the ball in the air, (2) hitting the runner with the ball below the waist, or (3) tagging a base that the runner must run to. A point is scored for each runner that makes it safely to home plate. Teams switch places after three outs.</p> <p>Cool Down: (5 min) Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
January 5 th , 2017 Lesson 2	Teamwork; kicking a large rubber ball; catching a large rubber ball	Kickball; bases; beanbags	<p>Warm up: (10 min) 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>Game/challenge: (30 min) Beanbag Kickball</p> <p>Divide students into two equal teams on a baseball diamond. One team will be up to kick, while the other team plays the field. The pitcher rolls the ball to home-plate. The kicker grabs one of the beanbags from the pile at home plate, kicks the ball, places the beanbag on his head and begins running to each of the bases. If at any time the beanbag falls off of the runner's head, he must stop, pick up the beanbag, place it back on his head, and continue to run with it. The outfielders can get the runner out by (1) catching the ball in the air, (2) hitting the runner with the ball below the waist, or (3) tagging a base that the runner must run to. A point is scored for each runner that makes it safely to home plate. Teams switch places after three outs.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>