

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

Teacher: Dollar

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

Date	Unit/Objective	Equipment	Lesson
January 24 th , 2017 Lesson 1	Tossing Frisbees	Hula hoops; Frisbees	<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) Hulabee</p> <p>Set out hula hoops (one for every group of 5 students). Mark a restraining line 8-15 feet away from the hula hoop. Students stand behind the restraining line. They toss the Frisbee toward the hula hoop. One point is scored for each Frisbee that lands completely inside the hula hoop.</p> <p>Variation: 5 points for each Frisbee inside the hoop, three points for a leaner, and one point for each Frisbee closest to the hoop. The first player to reach 21 points is the winner.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
January 26 th , 2017 Lesson 2	Running, Throwing a Frisbee, Catching	Bases, Frisbee	<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) Free-Fly</p> <p>This is set up similar to kickball. The class is divided into two teams (batting and field). The team at bat throws the Frisbee anywhere on the field. The entire batting team must run all the bases and make it to home plate in order to score a run. In the meantime, the fielding team must pass the Frisbee to everyone on their team (once they have had a turn with the Frisbee, they sit down). The last player to touch the Frisbee throws it to the "catcher." If the catcher gets the Frisbee before everyone from the batting team hits home plate, it is counted as an out. Two outs per round, then teams switch. Team with the most points wins.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>