

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

Teacher: Dollar

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

Date	Unit/Objective	Equipment	Lesson
January 31 st , 2017 Lesson 1		Ribbons; super bouncers; Frisbees; basketballs; scooters; floor hockey equipment; CD player	<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) Stations</p> <p>Divide students into four groups. Groups rotate to each station. Stations last 5-7 minutes.</p> <p>Station 1: Ribbons/super bouncers Station 2: Frisbees Station 3: Basketball Station 4: Scooters/hockey</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
February 2 nd , 2017 Lesson 2	Hula Hooping	Hula hoops; CD player	<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) Hula Hoops</p> <p>Introduction to hula hoops. Demonstrate hula hooping stance. 5 minutes or so of practice time. Next, demonstrate other ways to hula hoop: neck arms, wrists, or ankles. 5 minutes or so of practice. Lastly, demonstrate how to roll a hula hoop. Students can pair up and roll hula hoops back and forth to each other.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>