

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 th , 2017 Lesson 1	Running	Hula hoops	<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) Safe-Zone Tag Choose one student to be "it." All other students must run around to avoid being tagged. If a student is tagged, s/he becomes "it." To keep from becoming "it," students may stand inside one of three hula hoops for up to three seconds. The student who is "it" may tag someone who is running around, or s/he may count to three and attempt to tag a student fleeing from the hula hoop.</p> <p>Cool Down: (5 min) Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
January 12 th , 2017 Lesson 2	Running		<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) The Big, Bad Wolf Tag</p> <p>Choose one student to be the wolf. The student who is selected to be the wolf must stand in the center of the game while all of the other students line up on one of the lines facing the wolf. The wolf calls out, "Who's afraid of the big bad wolf?" The players respond, "Not I!" Then the wolf says, "Then skip to the other side." As players do so, the wolf tags as many students as possible. Tagged students become the wolf's helpers and can tag other students racing across. The wolf calls out different ways to travel across each time (galloping, hopping, etc.).</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>