

Weekly Lesson Plan- **Physical Education 4K-4th Grade**

Teacher: **Dollar**

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

Date	Unit/Objective	Equipment	Lesson
June 6 th , 2017 Lesson 1			<p>Warm up: (10 min) Students will do 3 laps: first lap walking, second lap skipping, and third lap running. Then class lines up on the black lines as teacher leads them in stretches: arms, legs, jumping jacks, push-ups, sit-ups, planks, wall sits, etc.</p> <p>Game/Challenge: (30 min) Free Choice</p> <p>LAST DAY OF GYM CLASS! Free choice. Have a great summer!</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>