

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

Teacher: Dollar

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

Date	Unit/Objective	Equipment	Lesson
<p>March 14th, 2017</p> <p>Lesson 1</p>	<p>Throwing; catching; dodging; teamwork</p>	<p>Dodgeballs; battalion</p>	<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) Battlefield Dodgeball</p> <p>Divide the class into two teams. Each team picks a team doctor. The doctor gets a padded battalion as a “syringe.” The game is played like normal dodgeball except when a player gets hit with a ball, s/he lies on the battlefield and is frozen. The doctor can give a shot to a frozen player by touching her/him with the syringe in order to revive the person. The goal of the game is to hit the opposing team’s doctor, because doctors cannot give themselves shots and nobody else can become the doctor. The first team to hit all of the opposing team’s players wins.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>March 16th, 2017</p> <p>Lesson 2</p>	<p>Kicking a ball; throwing a ball; catching a ball; teamwork</p>	<p>Kickball; cones; bases</p>	<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) Sizzleball Kickball</p> <p>A baseball diamond or similar play area is needed for this game. Place the cones in a square formation on the pitcher's mound. Divide the class into two teams. The fielding team stands behind the mound, covering the play area. The pitcher or sizzler stands inside the cones. The sizzler rolls the ball towards home base and waits for the kicker to kick the ball. After the ball is kicked, the kicker runs to third base, then second base, then first, and then home. The fielding team attempts to throw the ball to the sizzler before the kicker is standing on a base. The sizzler must catch the ball inside the cones. If the kicker is not standing on a base when the sizzler has the ball, he or she is out. If the ball is caught on the fly, the kicker is also out. More than one kicker may stand on a base at any time. However, only kickers who touch home base score a run. When all players have kicked, the teams switch places. The team that scores the most runs wins.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>