

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

Teacher: **Dollar**

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

Date	Unit/Objective	Equipment	Lesson
March 21 st , 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) Soccer and Basketball</p> <p>The gym will be split into two sides-one side will be playing soccer, while the other side will be playing basketball.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>March 23rd, 2017</p> <p>Lesson 2</p>	<p>Kicking; aiming; score-keeping</p>	<p>Hula hoops; soccer balls</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) Soccer Golf</p> <p>This game is like golf with kicking instead of swinging. First, set up a course for each team by placing hula hoops in a scattered formation. Divide students into groups of 5-7. To begin, a player kicks a soccer ball toward the first hole (hula hoop), trying to have it land inside the hoop. The rest of the players do the same. Continue until all the players have “holed out.” The player with the lowest score (that is, the fewest shots attempted to get the ball into the hula hoop) kicks first for the next hole. At the end, the player with the lowest overall score wins.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>