

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

Teacher: **Dollar**

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

Date	Unit/Objective	Equipment	Lesson
March 28 th , 2017 Lesson 1		6 hula hoops; cones; flags	<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) Capture the Flag Students will be split into two teams and play Capture the Flag.</p> <p>Cool Down: (5 min) Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>March 30th, 2017</p> <p>Lesson 2</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) Stations</p> <p>Divide students into four groups. Groups rotate to each station. Stations last 5-7 minutes.</p> <p>Station 1: Bean bag toss/Ring Toss Station 2: Jump ropes/Ribbon wands Station 3: Basketball Station 4: Scoop Ball</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>