

## 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 7<sup>th</sup>, 2017</p> <p>Lesson 1</p>		<p>Small object; four cones; watch or clock</p>	<p><b>Warm up: (10 min)</b> 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><b>Game/Challenge: (30 min) Touchdown</b></p> <p>Place a cone at each corner of the play area to establish boundaries. Divide the group into two equal teams. Each team stands at opposite ends of the play area. Decide ahead of time how long each quarter will be. Decide which team will begin. One team huddles, where one player is secretly given an object to hide in his or her hands. The other players are decoys and they also clasp their hands as if they have the object. The other team forms a line on their goal line. On the signal “Hike!” the team possessing the object runs towards the opponent’s goal line. Meanwhile, the other team attempts to chase and tag as many players as possible. When a player is tagged, s/he must stop immediately and show both hands to indicate whether or not he or she has the object. If the player carrying the object is tagged in the play area, play is stopped and the object is given to the opposing team. It would then be their turn to try to score. If the player who has the object crosses the opponent’s goal line, s/he yells “Touchdown!” and his or her team gets six points. The winning team, of course, is the team that scores the most points in four quarters.</p> <p><b>Cool Down: (5 min)</b></p> <p>Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>March 9<sup>th</sup>, 2017</p> <p>Lesson 2</p>		<p>Red pinnies; stopwatch; four cones</p>	<p><b>Warm up: (10 min)</b>  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><b>Game/challenge: (30 min) Squad Tag/Rescue Relay</b></p> <p><b>Squad Tag:</b> Divide the group into two equal teams. Decide which team will wear the pinnies. On the signal to begin, one squad chases and attempts to tag the players of the other squad. When a player is tagged, he or she sits down. When all the players are tagged, the duration of time is recorded. Then the squads switch places. The squad that tags all the players of the other squad in the shortest amount of time wins.</p> <p><b>Rescue Relay:</b> Place a cone in each corner of the play area, forming a narrow rectangle. Divide the group into two equal teams. Choose a rescuer for each team. Each team forms a line behind a cone at the finish line. The rescuer from each team stands behind a cone at the start line, facing his or her team. On the signal to begin, the rescuers run forward and grasp the outstretched hand of the first player in line. Together, the rescuer and the player run back to the line. The original rescuers remain at the start line, and the first players run back and rescue the second players in line. Then the first player stays and the second players run back and get the third players in line, and so on. The relay continues in the same manner until all the players are rescued. The team that rescues all of its players first wins.</p> <p><b>Cool Down: (5 min)</b></p> <p>Group high-fives, deep breaths, stretches</p>