

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

Teacher: Dollar

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

Date	Unit/Objective	Equipment	Lesson
<p>May 2nd, 2017</p> <p>Lesson 1</p>	<p>Running; tagging</p>	<p>Hula Hoops</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) Island Tag</p> <p>Hula hoops are spread around the gym floor. These are “islands,” or safe zones. 1-3 players are chosen as the sharks. The sharks try to tag other players. If a player makes it onto an island, they are safe. However, players are only allowed on an island for 3 seconds and only 3 people on an island at a time. If a player gets tagged by a shark, they must become a shark as well.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>May 4th, 2017</p> <p>Lesson 2</p>	<p>Running; tagging; teamwork</p>	<p>Ribbon wands for witches and warlocks</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) Enchanted Forest Tag</p> <p>Establish two safe zones, one at each end of the gym. Choose two players to be witches or warlocks. The rest of the players are fairies, elves, or sprites. The witches and warlocks stand in the middle and decide on a magic word that will make the rest of the players run. When the magic word is called out, the players must try and make it from one safe zone to another without being tagged. When a player is tagged they must freeze in place and become an enchanted tree. The enchanted trees cannot move their feet, but they can move their arms and upper body to tag other players when they run past. The last two players become the witches and warlocks for the next round.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>