

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 16th, 2017</p> <p>Lesson 1</p>	<p>Blocking; passing; shooting</p>	<p>Scooters; scooter hockey sticks; pucks; jerseys</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) Scooter Hockey</p> <p>Class is split into four teams, with two teams facing each other on each half of the gym. Nets will be set up. Game is played like floor hockey, only students are on scooters. No checking, hitting, or fighting!</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>May 18th, 2017</p> <p>Lesson 2</p>	<p>Kicking; passing; dribbling a ball down the field</p>	<p>Jerseys; soccer ball</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</p> <p>Whole class game of soccer: will be played outside, weather permitting.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>