

## 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 23<sup>rd</sup>, 2017</p> <p>Lesson 1</p>	<p>Jumping</p>	<p>Jump Ropes</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) Jump Ropes</b></p> <p>Single and group jump rope stations. Review of jump rope skills from the course of the year.</p> <p><b>Cool Down: (5 min)</b></p> <p>Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>May 25<sup>th</sup>, 2017</p> <p>Lesson 2</p>	<p>Running</p>	<p>Kickball and bases; or soccer ball</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) Track and Field</b>  Running the track, weather permitting. Also, outside game of kickball or soccer.</p> <p><b>Cool Down: (5 min)</b>  Group high-fives, deep breaths, stretches</p>