

## 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 30<sup>th</sup>, 2017</p> <p>Lesson 1</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) Stations</b></p> <p>Outside, weather permitting. Students will be split into four groups and rotate to each station. Stations will last 5-7 minutes each.</p> <ol style="list-style-type: none"> <li>1.) Jump Ropes</li> <li>2.) Soccer</li> <li>3.) Football</li> <li>4.) Basketball</li> </ol> <p><b>Cool Down: (5 min)</b></p> <p>Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>June 1<sup>st</sup>, 2017</p> <p>Lesson 2</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) T-Ball</b>  T-Ball outside, weather permitting.</p> <p><b>Cool Down: (5 min)</b>  Group high-fives, deep breaths, stretches</p>