

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

Teacher: **Dollar**

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

Date	Unit/Objective	Equipment	Lesson
May 9 th , 2017 Lesson 1	Throwing; catching; dodging	Dodgeballs	<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) Dodgeball Whole class game of dodgeball.</p> <p>Cool Down: (5 min) Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>May 11th, 2017</p> <p>Lesson 2</p>	<p>Cardio; balance; teamwork</p>	<p>Cones; basketballs; hockey stick and ball; jump ropes; hula hoops; signs for each station</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) Circuit Training</p> <p>Circuit training will be set up around the gym. Each station will last about one-two minutes.</p> <ol style="list-style-type: none"> 1.) Standing Long Jump 2.) Line jumping 3.) Slalom Dribbling 4.) Slalom stick handling 5.) Hula hooping 6.) Jumping Jacks 7.) Owl hop 8.) Squats 9.) Jump rope 10.) Running Laps 11.) Wall sits 12.) Side crunches <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>