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

**Teacher: Dollar**

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| **Strand:** | Movement Competency | Cognitive Abilities |  | Responsible behavior | Lifetime Fitness |  |
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| **Date** | **Unit/Objective** | **Equipment** | **Lesson** |
| November15th, 2016Lesson 1 | Throwing and catching-Students will be able to throw different types of equipment with accuracy and catch with consistency  | Cones, foam balls, large rubber balls | **Skill:** Students will work in teams to successfully complete challenges.**Warm up: (10 min)**Students will [jog, skip, walk, lunge, shuffle...] laps as music playsWhen music stops the teacher will call out a number and an exercise or stretch for the students to complete (teacher will model and count with students).**Activity: (15 min) Catching Relay** Students will be split into two teams. The field will be set up in a rectangular shape cut into parallel sections. There will be a 1 point section, 2 point section, and 3 point section. Each team will line up at the starting line. The first person in line starts as the catcher and the second person in line will be the throwing. The catcher will go stand in any section they want and say “ready”. The thrower will then throw the ball and if the catcher catches it, they get the number of points for the section they are in. Then the catcher goes to the end of the line and the throwing becomes the catcher, and the third person in line becomes the new thrower. The team with the most points at the end wins. **Game/Challenge: (15 min) 4-Way Dodgeball**Students will be split into groups of 4 and have a 4-way game of dodgeball.**Cool Down: (5 min)**Group high-fives, deep breaths, stretches |

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| **Date** | **Unit/Objective** | **Equipment** | **Lesson** |
| November17th, 2016Lesson 2 | Throwing and catching-Students will be able to throw different types of equipment with accuracy and catch with consistency  | Foam balls, hula hoops | **Skill:** Students will work in teams to successfully complete challenges.**Warm up: (10 min)**Students will [jog, skip, walk, lunge, shuffle...] laps as music playsWhen music stops the teacher will call out a number and an exercise or stretch for the students to complete (teacher will model and count with students). **Game/challenge: (30 min) Capture Dodgeball**Students will be split into two teams. This game is set up like Dodgeball, however when a student gets hit by a ball they run to a hoop (set up behind the other team’s boundary line) and stand in the hoop being captured. They can only get out of confinement if a teammate throws a ball to them and they catch it.**Cool Down: (5 min)**Group high-fives, deep breaths, stretches |