**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** |
| November  22nd, 2016  Lesson 1 | Chasing, fleeing, dodging  -Students will be able to chase, flee, and dodge peers and objects without colliding into others at different speeds and movements | Cones, foam balls | **Warm up: (10 min)**  Students will [jog, skip, walk, lunge, shuffle...] laps as music plays  When 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) Land Mine Tag**  Students will run around in a given area being chased by one tagger. There will be cones spread out in the area, which the students have to avoid. If they get tagged OR knock over a cone they are out. Students that are out go on the outside of the boundary and throw foam balls at players. If a student gets tagged, knocks over a cone, or gets hit by a ball they are out.  **Cool Down: (5 min)**  Group high-fives, deep breaths, stretches |