

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

**Teacher: Dollar**

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

Date	Unit/Objective	Equipment	Lesson
<p>November 29<sup>th</sup>, 2016</p> <p>Lesson 1</p>	<p>Dribbling a basketball</p>	<p>Cones, basketballs</p>	<p><b>Skill:</b> Students will work in teams to successfully complete challenges.</p> <p><b>Warm up: (10 min)</b>            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).</p> <p><b>Activity: (15 min) Dribbling Skills</b>            Place cones in two lines (4-5 cones per line). Break students into two groups and have them line up in a single file line. When you say go, both groups will maneuver around the cones while dribbling the basketballs. Once the students make it back to their respective lines, they will pass the ball to the next student in line. Continue until all students have had a chance to dribble the ball.</p> <p><b>Game/Challenge: (15 min) Dribbling Relay</b>            Divide students into four equal teams. Have them line up in four single file lines. There will be a cone set up about 20-30 feet away from each line. Give each team a basketball. The object of this game is to dribble the ball from their line to the cones, and then back again. This is a relay. The first team to dribble the ball back and forth wins.</p> <p><b>Cool Down: (5 min)</b>             Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
December 1 <sup>st</sup> , 2016  Lesson 2	Dribbling and shooting a basketball	Basketballs, red pinnies	<p><b>Skill:</b> Students will work in teams to successfully complete challenges.</p> <p><b>Warm up: (10 min)</b>            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).</p> <p><b>Game/challenge: (30 min) Shoot By Number</b></p> <p>Divide students into four equal teams (two teams per game, and there will be two games going at the same time). Two teams play on the left side of the basketball court, two teams play on the right side of the basketball court. Four basketballs are placed at center court. Have each team line up on the sidelines of the basketball court. Number each student. Call a number. Four students will run to center court to retrieve a basketball. The object of the game is to dribble the ball to their basket, shoot, and score. Continue until all numbers have been called. Team with the most baskets wins.</p> <p><b>Cool Down: (5 min)</b></p> <p>Group high-fives, deep breaths, stretches</p>