**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  8th, 2016  Lesson 1 | Kicking a large rubber ball, and Cooperative Skills | 1 large rubber ball (kickball); CD player | **Skill:** Students will work in teams to successfully complete challenges.  **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).  **Activity: (10 min) Shoelace**  Divide students into two equal groups. Have both groups line up in single file lines. Have both lines face one another at a distance of about 10 feet. Instruct students to kick the ball to the person opposite them. Continue kicking the ball back and forth until everyone has kicked the ball. If the ball is missed, they must start over. Object is to practice kicking quickly, yet accurately.  **Game/challenge: (20 min) Hot Potato**  This game is the same as *Shoelace* except you add music. When the music stops, whoever has, or just had, the ball is out. He/she must sit away from the group. The winner is the last person standing. \*Note: for larger groups, class will be split into smaller teams so there will be multiple games going at one time. –OR-- when students are out, they must go to the sidelines for hula hoops, jump ropes, etc.  **Cool Down: (5 min)**  Group high-fives, deep breaths, stretches |

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| **Date** | **Unit/Objective** | **Equipment** | **Lesson** |
| November  10th, 2016  Lesson 2 | Kicking and blocking a soccer ball, and Cooperative Skills | 1 soccer ball; red jerseys. | **Skill:** Students will work in teams to successfully complete challenges.  **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) Court Soccer**  Divide students into two equal teams. Assign each team member a number (Both teams will have the numbers 1, 2, 3, 4, etc.). One team needs to wear colored jerseys. Have both teams spread out around a rectangle. Soccer ball is placed in the center. Call out a number. Students from both teams will come into the circle and kick the ball outside of the rectangle for a point. The team members standing on the lines can help block the ball with their feet or bodies.  **Cool Down: (5 min)**  Group high-fives, deep breaths, stretches |