

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

Teacher: Dollar

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

Date	Unit/Objective	Equipment	Lesson
<p>October 11th, 2016</p> <p>Lesson 1</p>	<p>Cooperative Skills</p> <p>-Students will demonstrate the characteristics of sharing and cooperation in a physical activity setting</p>	<p>2 foam balls, one kickball, 4 bases.</p>	<p>Skill: Students will work in teams to successfully complete challenges.</p> <p>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).</p> <p>Activity: (10 min) “Quiet Ball” Students will be split in half, making two circles. Each circle gets a foam ball. Students learn to communicate with their team members without speaking: eye contact, pointing, head nodding, etc. Students must pass the ball to everyone in the circle without saying a word. If someone makes a noise, they must sit out.</p> <p>Game/challenge: (20 min) Kickball Students will be split into two teams. We will review kickball rules, participation, and good sportsmanship. One team is the kicking team; the other is in the outfield. The kicking team will be given three outs, then teams switch sides.</p> <p>Cool Down: (5 min) Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>October 13th, 2016</p> <p>Lesson 2</p>	<p>Cooperative Skills</p> <p>-Students will demonstrate the characteristics of sharing and cooperation in a physical activity setting</p>	<p>2 foam balls, one kickball, 4 bases.</p>	<p>Skill: Students will work in teams to successfully complete challenges.</p> <p>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).</p> <p>Activity: (10 min) "Creative Coordination" Students will be put in pairs by going toe-to-toe with someone who is similar in height. Their first challenge is, "partner pull-ups." Pairs sit together, toe to toe, and pull each other up. Second challenge is, "backups." Pairs sit back-to-back, linking arms, and trying to stand up. Third challenge is, "human springs." Pairs go palm-to-palm and do vertical push-ups.</p> <p>Game/challenge: (20 min) Rock, Paper, Scissors Tag</p> <p>Students will first partner up. Each pair plays one round of, "Rock, Paper, Scissors." If you win, you are on one side of the gym. If you lose, you are on the other side of the gym. Now we have two teams. Each team huddles up and decides what they will be: rock, paper, or scissors. The two teams face off: winning team is "It." The Its have 10 seconds to tag someone. The tagger and tagged are now both frozen. At the end of 10 seconds, the taggers and tagged are now on one team and the tag-less are on another team. The game is over when one side wins all the players.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>