

## 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 18<sup>th</sup>, 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, three kick balls, 4 bases, 1 basket.</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: (10 min) “Quiet Ball”</b>            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><b>Game/challenge: (20 min) Three-Ball Kickball</b>            Students will be split into two teams. We will review kickball rules, participation, and good sportsmanship. One at a time, three balls are rolled and three kickers kick. They can be on the same base at the same time. There are no fouls. If a ball is kicked and caught, it is an out. Players are not hit with the ball—outfielders’ job is to get all three balls into a basket that is stationed next to the pitcher. Once all three balls are in the basket, runners cannot move bases. If a runner is caught off base when balls are placed in the basket that is counted as an out.</p> <p><b>Cool Down: (5 min)</b>            Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>October 20<sup>th</sup>, 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>1 basketball; 10 jump ropes; 10 scooters; bean bag toss game</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>Game/challenge: (30 min) Stations</b></p> <p>We will split the gym into four stations. We will rotate to each station after 5-7 minutes. Station one will be scooters. Station two will be jump ropes. Station three will be basketball. Station four will be bean bag toss.</p> <p><b>Cool Down: (5 min)</b></p> <p>Group high-fives, deep breaths, stretches</p>