

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 25th, 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>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) “With Me, or Against Me” Students will be split in lines of six. The lines all extend out from a midpoint, like spokes on a wheel. IT walks around the spokes and chooses a line and yells, “With Me” or “Against Me.” All players from that spoke jump up and race around the wheel. “With Me” means they run the same direction as IT, “Against Me” means they run in the opposite direction as IT. All players attempt to NOT be the last one to sit back down. Last to sit is the new IT.</p> <p>Game/challenge: (20 min) Zombie Tag</p> <p>This is Line tag, except we are changing it to zombies and doctors...we will begin the game with 5 zombies (taggers). Their job is to turn the rest of the humans to zombies. There will be two doctors. They can turn zombies back to humans. At the end of the round, whichever team has the most left (zombies or humans) wins.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>October 27th, 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>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) Free Choice</p> <p>The last Thursday of each month we will vote as a class on our free choice activity: our favorite game that we played that month. For the month of October, our choices are: Kickball; Dodgeball; Quiet Ball; 3-Ball Kickball; Freeze Tag; Rock, Paper, Scissors Tag; Stations; Relay Races.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>