

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 4th, 2016</p> <p>Lesson 1</p>	<p>Cooperative Skills</p> <p>-Students will move in a variety of ways in relation to others and identify personal and general space</p> <p>- Students will demonstrate the characteristics of cooperation in a physical activity setting</p>	<p>Cone, 2-3 foam balls</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: (15 min) Speedway Students will be split into 6 teams. The playing field will be a rectangular shape and around it is called the race track. This is essentially a relay race, but the students are going around the “track” to get back to their home cone to tag the next player. The students need to be careful not to bump/ “crash” into other players on the track. The teacher can have the students run, crab walk, hop, go backwards, skip, gallop, side shuffle, etc. to change it up.</p> <p>Game/challenge: (20 min) Crab Soccer Students will play soccer in the crab position. There will be 2-3 balls used.</p> <p>Cool Down: (5 min) Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>October 6th, 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) "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>