

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

Teacher: Dollar

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

Date	Unit/Objective	Equipment	Lesson
<p>November 1st, 2016</p> <p>Lesson 1</p>	<p>Catching, Throwing, and Cooperative Skills</p>	<p>1 large rubber ball (kickball); CD player</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) 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 throw the ball to the person opposite them. Continue throwing the ball back and forth until everyone has thrown the ball. If the ball is dropped, they must start over. Object is to practice throwing quickly, yet accurately.</p> <p>Game/challenge: (20 min) Hot Potato This game is the same as <i>Shoelace</i> 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.</p> <p>Cool Down: (5 min) Group high-fives, deep breaths, stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>November 3rd, 2016</p> <p>Lesson 2</p>	<p>Catching, Throwing, and Cooperative Skills</p>	<p>1 large rubber ball (kickball); 2 large cones</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) Keep Away Divide students into groups of 10. Have 7 students form a circle around the other 3 students. The object of the game is to keep the large rubber ball away from the 3 students in the center of the circle. If a student inside the circle catches a ball as it is tossed over his/her head, s/he switches places with the student who threw the ball. Help students focus on throwing the ball.</p> <p>Game/challenge: (20 min) Dodgeball Knockout Divide students into two equal groups. One group stands inside a circle, square, or rectangle. The other group stands around it. The object of the game is for students standing outside to throw the ball at a person standing inside. The ball must hit the person below the waist to count. If a person inside is hit by the ball directly, s/he switches places with the person who threw the ball. If the team on the outside knocks down one of the two cones in the center, the teams switch places.</p> <p>Cool Down: (5 min) Group high-fives, deep breaths, stretches</p>