

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

**Teacher: Dollar**

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

Date	Unit/Objective	Equipment	Lesson
<p>September 13<sup>th</sup>, 2016</p> <p>Lesson 1</p>	<p>Cooperative Skills</p> <p>-Students will distinguish between personal space and general space</p> <p>- Students will be able to demonstrate locomotor skills in their personal space</p>	<p>Hula hoops, 2 beach balls</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>Lesson/Activity: (10 min) "Hula Hoop Relay"</b>            Students will be put into groups of five. They will form a circle by holding hands with each other. Each team will have a hula hoop. The goal is to pass the hula hoop around the circle without breaking hands and get the hula hoop back to the start the quickest. Try the whole class doing it after teams compete.</p> <p><b>Game/challenge: (20 min) Infinity Ball</b>            Students will be put into two teams. Teams will work together to keep a beach ball in the air by hitting it to each other. If it goes out of bounds or hits the ground the other team gets a point and the game starts again.</p> <p><b>Cool Down: (5 min)</b>            Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
September 15 <sup>th</sup> , 2016  Lesson 2	Cooperative Skills  -Students will demonstrate the characteristics of sharing and cooperation in a physical activity setting	2 beach balls, foam balls	<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: (15 min) Human Knots</b>            Students are divided into teams of six or seven. To begin the game, groups form a circle. Students are then instructed to hold the hands of two different players. Players cannot hold both hands of the same player, nor can they hold the hand of a player next to them. When the teams are ready the signal is given for them to begin unraveling their knot. Players are not allowed to let go of each other's hand until the game is finished. When the knots are unraveled students should be in a circle with their hands joined.</p> <p><b>Game: Moving Target</b>            Students are divided into two teams. They will be given soft foam balls. On the side of each team's boundary there will be a beach ball. When the teacher says go, each team will throw their foam balls at the beach ball to get it across the opposing side. Once two beach balls end up on one team's side, they lose. Teams must work together to retrieve balls, help get their ball to the other side, and keep a ball from coming onto their side.</p> <p><b>Cool Down:</b>             Group high-fives, deep breaths, stretches</p>