

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 20th, 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>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>Lesson/Activity: (5 min) "Pass It Down" Six or eight students will be standing in a straight line, with a student across from each one. One hoop will be at the beginning with a ball and another hoop will be empty at the end of the group. The students will be facing each other and have to pass a ball from pair to pair, trying not to drop the ball. The last team member has to crab-walk their ball to their hula-hoop. First team done is the winner!</p> <p>Game/challenge: (25 min) Capture the Flag Students will be put into two teams. Teams will work together to capture the other team's flags without getting tagged. First team with all flags wins.</p> <p>Cool Down: (5 min) Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
September 22 nd , 2016 Lesson 2	Cooperative Skills -Students will demonstrate the characteristics of sharing and cooperation in a physical activity setting	4-5 beach balls, foam balls	<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) “Long distance passing” Students will be put into pairs by touching toes with someone who has the same color on their shoes. Once in pairs, they line up across from each other. They toss the ball to their partner. If the ball is caught, they each take one step back. This process is repeated. If the ball is dropped, they must start over. Object is to see how far apart partners can get.</p> <p>Game/challenge: (20 min) Infinity Ball Students will be put into four 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 teams get a point and the game starts again. First team to 21 wins.</p> <p>Cool Down: (5 min) Group high-fives, deep breaths, stretches</p>