

## 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 27<sup>th</sup>, 2016</p> <p>Lesson 1</p> | <p>Cooperative Skills</p> <p>-Students will practice coordination and throwing and catching to teammates</p> <p>- Students will demonstrate the characteristics of cooperation in a physical activity setting</p> | <p>Two foam balls, four nets, colored jerseys</p> | <p><b>Skill:</b> Students will work in teams to successfully complete challenges.</p> <p><b>Warm up: (10 min)</b><br/>Students will [jog, skip, walk, lunge, shuffle...] laps as music plays<br/>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: (10 min) “Long distance passing”</b><br/>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><b>Game/challenge: (25 min) Hand Ball</b> Students will be put into four teams. There will be two games played simultaneously on each half of the gym floor. Each game needs two nets and one foam ball. The teams have to pass the ball to each other and throw it into the opposing team’s net. If they drop the ball, the ball goes to the other team and they have a chance to pass it to each other and score a goal. The other team can try and interfere with the passing, but cannot touch the player.</p> <p><b>Cool Down: (5 min)</b> Group high-fives, deep breaths and stretches</p> |

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|---|--|-----------|--|
| September 29 <sup>th</sup> , 2016<br><br>Lesson 2 | Cooperative Skills<br><br>-Students will demonstrate the characteristics of sharing and cooperation in a physical activity setting |           | <p><b>Skill:</b> Students will work in teams to successfully complete challenges.</p> <p><b>Warm up: (10 min)</b><br/>           Students will [jog, skip, walk, lunge, shuffle...] laps as music plays<br/>           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: (10 min) "Quiet Ball"</b><br/>           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><b>Game/challenge: (20 min) Free Choice</b></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 September, our choices are: PacMan, Capture the Flag, Dodgeball, Infinity Ball, Hand Ball, or Quiet Ball.</p> <p><b>Cool Down: (5 min)</b></p> <p>Group high-fives, deep breaths, stretches</p> |