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

**Teacher: Dollar**

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| **Strand:** | Movement Competency | Cognitive Abilities |  | Responsible behavior | Lifetime Fitness |  |
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| **Date** | **Unit/Objective** | **Equipment** | **Lesson** |
| September  6th, 2016  Lesson 1 | Locomotor Skills  -Students will distinguish between personal space and general space  - Students will be able to demonstrate locomotor skills in their personal space | Music, cones,  Laminated food cards, MyPlate diagram on chart paper | **Skill:** Students will practice locomotor skills and moving safely in personal and general space. Students will also learn the food groups and categorize different foods.  **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).  **Lesson/Activity: (25 min) “Food Group Fitness Relay”**  **Intro**: Students will sit together and learn about the different food groups using pictures. Students will be given a card with a food item on it and when the teacher calls out that category they will stand up. The teacher will go through the standing students and ask the class if they are correct  **Game/challenge:** Students, put in teams, line up behind one of numbered cones. Player #1 in each group does designated locomotor skill, hop, skip, gallop, slide, etc., to center circle and selects a food card, then brings it back and puts it in the correct category. The second student can go only when a teacher/assistant gives a “thumbs-up,” indicating a correct answer.  **Cool Down: (10 min)** Group high-fives, deep breaths and stretches. |

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| **Date** | **Unit/Objective** | **Equipment** | **Lesson** |
| September  8th, 2016  Lesson 2 | Locomotor Skills  - Students will be able to demonstrate locomotor skills in their personal space  -Students will be able to identify the 5 food groups | Music, foams balls of different colors, cones | **Skill:** Students will practice locomotor skills and moving safely in personal and general space. Students will also learn the food groups and categorize different foods.  **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).  **Activity: (25 min) Food Group Blitz**  Students will be split into two teams. One team will split 5 different colored balls between them. Each color represents a food group. The teacher will stand in the middle of the game field and call out a food. The students holding the color ball that correspond with that food group will run, hop, skip, etc to the other side trying not to get tagged. Those tagged are out, those not tagged join their team. We will play until everyone is tagged and then the teams switch roles. The team that gets everyone out the quickest wins.  **Cool Down: ( 10 min)** Group high-fives, deep breaths, and stretches. |