

Weekly Lesson Plan- Physical Education 4K-2

Teacher: **Dollar**

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

Date	Unit/Objective	Equipment	Lesson
<p>April 18th, 2017</p> <p>Lesson 1</p>	<p>Hitting with accuracy</p>	<p>Balloons and hula hoops for every student</p>	<p>Intro: (5 min) Warm-Up Students will do 3 laps: first lap walking, second lap skipping, and third lap running. Then class lines up on the black lines as teacher leads them in stretches: arms, legs, jumping jacks, push-ups, sit-ups, planks, wall sits, etc.</p> <p>Game/challenge: (30 min) Balloon Bump Students will practice doing an independent activity around other students, without bumping into peers or getting into their personal space. Student will have self-control and stop when they get too close to others. Students will be in given a hula hoop to stand in and a balloon to hit and keep in the air. If time permits, students can partner-up and practice hitting a balloon to each other back-and-forth.</p> <p>Cool Down: (5 min) Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>April 20th, 2017</p> <p>Lesson 2</p>	<p>Jumping rope</p>	<p>Jump ropes for every student</p>	<p>Warm up: (10 min) Students will do 3 laps: first lap walking, second lap skipping, and third lap running. Then class lines up on the black lines as teacher leads them in stretches: arms, legs, jumping jacks, push-ups, sit-ups, planks, wall sits, etc.</p> <p>Game/challenge: (30 min) Jump Rope</p> <p>Students will take the first part of class to practice jumping rope. Teacher will demonstrate the proper way to hold a jump rope, timing, etc. The second half of class the students will play, "Snake in the Grass" and, "Helicopter."</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>