

Weekly Lesson Plan- Physical Education 4K-2

Teacher: **Dollar**

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

| Date | Unit/Objective | Equipment | Lesson |
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| <p>April 25th, 2017</p> <p>Lesson 1</p> | <p>Running, balancing, tossing, catching, and teamwork</p> | <p>Beanbags; 6 buckets; 3 rulers</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) Alphabet Pass and Don't Spill the Beans</p> <p><u>Alphabet Pass</u>=Have players stand in a big circle. Practice tossing the beanbag to each other around the circle. Once students get the hang of tossing/catching the beanbag, the game can begin. The first person with the animal must name something that begins with the letter A, then toss the beanbag to anyone in the circle. The first player sits down so the class knows s/he had a turn. The student that caught the beanbag names something that starts with the letter B, and so on. Play continues until everyone has had a turn (repeating the alphabet if necessary).</p> <p><u>Don't Spill the Beans</u>=Divide the class into three teams, with each team having a set of buckets. Buckets are set up across from each other, a good distance apart. Teams line up behind the first bucket. The first bucket is filled with beanbags. At, "GO", the first teammate in line has to pick up a beanbag from their bucket, balance it on a ruler, run it to the other bucket and drop it in, then run back to their line so the next student can take a turn. If the beanbag is dropped along the way, the student must stop to pick it up. First team to finish wins!</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths and stretches</p> |

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| <p>April 27th, 2017</p> <p>Lesson 2</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) Stations</p> <p>Divide students into four groups. Groups rotate to each station. Stations last 5-7 minutes.</p> <p>Station 1: Bean bag toss/Ring toss Station 2: Jump Ropes/Ribbon wands Station 3: Balls/Frisbees Station 4: Scooters</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p> |