

## 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 4<sup>th</sup>, 2017</p> <p>Lesson 1</p>	<p>Throwing and catching with accuracy</p>	<p>Hula hoops for each player; two foam balls</p>	<p><b>Intro: (5 min) Warm-Up</b> 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><b>Game/challenge: (30 min) Hoop Football</b>  Students will be split into two teams. Each player will stand in a hula hoop. The teacher will give each team a foam ball. The students have to throw the ball to a student in the next hula hoop. If they catch it, they throw to the next teammate in a hula hoop; if they don't catch it, the ball is brought back to the starting player. If they successfully throw and catch the ball to each team member, the last person will throw the ball in the end zone for a point.</p> <p><b>Cool Down: (5 min)</b>  Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>April 6<sup>th</sup>, 2017</p> <p>Lesson 2</p>	<p>Throwing with accuracy</p>	<p>Cones; foam balls and/or bean bags</p>	<p><b>Warm up: (10 min)</b> 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><b>Game/challenge: (30 min) You Sunk My Battleship</b></p> <p>To practice accuracy, the students will practice throwing balls from a specified length and to hit and knock down plastic cones. The teacher will demonstrate over and under hand throws. Cones will be spread out on the playing field. Students will split into two teams and have to stay on their half of the playing field. They will throw foam balls/bean bags to knock down the other team's cones. The first to get all cones "sunk the battleship" and wins the game.</p> <p><b>Cool Down: (5 min)</b></p> <p>Group high-fives, deep breaths, stretches</p>