

Weekly Lesson Plan- Physical Education 4K-2

Teacher: Dollar

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

Date	Unit/Objective	Equipment	Lesson
<p>December 20th, 2016</p> <p>Lesson 1</p>			<p>Intro: (10 min) Warm-Up 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).</p> <p>Game/Challenge: (30 min) Free Choice</p> <p>The end of the month means students get to vote on their favorite activity from the month of December. This could include: bean bag toss, capture the bean bag, basketball, basketball drills, or dodgeball.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>December 22nd, 2016</p> <p>Lesson 2</p>			<p>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).</p> <p>Game/challenge: (30 min) Stations</p> <p>Divide students into four groups. Groups rotate to each station. Stations last 5-7 minutes. Station 1: Bean bag toss Station 2: Hula hoops Station 3: Basketball Station 4: Scooters</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>