

## 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 6<sup>th</sup>, 2016</p> <p>Lesson 1</p>	<p>Dribbling a basketball</p>	<p>Basketballs, 2 trash cans</p>	<p><b>Intro: (5 min) Warm-Up</b>            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><b>Game: (35 min) Dribble By Number</b></p> <p>There will be two trash cans set up at either end of the court. These will be the baskets. One basketball is placed at center court. Students are divided up into two equal teams and each student given a number. When the teacher calls out a number, one student from each team with that number runs to center court to get the basketball, dribble it to the basket, and shoot it in. Play continues until each number has been called. The team with the most points wins.</p> <p><b>Cool Down: (5 min)</b></p> <p>Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
December 8 <sup>th</sup> , 2016  Lesson 2	Dribbling and shooting a basketball	Basketballs, 2 trash cans, and red pinnies	<p><b>Warm up: (10 min)</b>            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><b>Game/Challenge: (30 min) Trashketball</b></p> <p>Divide students into two equal teams on a basketball court. One team wears the red pinnies. The object of the game is to get a “basket” by dribbling and passing the ball to the trashcan located in the free-throw jump circle. Each “basket” scores a point. Each new round is started by a jump ball in the center of the court. Students must dribble the ball before being able to score a point. There is no pushing or body contact with the opposing team.</p> <p><b>Cool Down: (5 min)</b></p> <p>Group high-fives, deep breaths, stretches</p>