

Weekly Lesson Plan- Physical Education 4K-2

Teacher: Dollar

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

Date	Unit/Objective	Equipment	Lesson
February 28 th , 2017 Lesson 1			<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) Stations</p> <p>Divide students into four groups. Groups rotate to each station. Stations last 5-7 minutes.</p> <p>Station 1: Ribbons/super bouncers Station 2: Balancing cups Station 3: Hula hoops/jump ropes Station 4: Scooters</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>March 2nd, 2017</p> <p>Lesson 2</p>	<p>Dribbling, Running</p>	<p>Basketballs</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) Duck, Duck, Dribble</p> <p>Students are seated in a circle and four to five basketballs are placed in the center of the circle. The teacher will call out some students (by name, birthdays, dress, etc.), and all of the children stand, run to the center of the circle, pick up a ball and dribble it out of their own space in the circle, and continue to dribble completely around the circle to their own space. The first person returning to his/her own space is the winner of that round. The game continues so all students go multiple times.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>