

Weekly Lesson Plan- Physical Education 4K-2

Teacher: **Dollar**

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

Date	Unit/Objective	Equipment	Lesson
February 7 th , 2017 Lesson 1	Jumping Rope	Jump Ropes; CD player	<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) Jump Ropes</p> <p>First, jump rope demonstration by the teacher. Stand with feet shoulder-width apart. Hold the jump rope firmly with thumbs pointed down. Then swing the rope over your head so it lands in front of you, and then step over the rope. Encourage students to make one jump at a time if they need to. Some students will need lots of practice with lots of encouragement! Progress to various types of jumps: hip twists, straddles, hop on one foot, etc. Background music can be put on to help set the tempo.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
February 9 th , 2017 Lesson 2	Jumping Rope	Jump Ropes; CD player	<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) Jump Ropes</p> <p>First, the whole class will play a game called, "Snake in the Grass." Take a single long jump rope and have two people hang on to each end. The jump rope is placed on the ground. Students line up. The jump rope is shaken back and forth to resemble a snake. Students in line take turns trying to jump over the snake. Secondly, the whole class will play another game called, "Helicopter." The students form a circle and the teacher stands in the middle with a long jump rope. The teacher spins the jump rope on the ground and students have to jump over it. If they miss, they must sit out. Last person left gets to be the new helicopter.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>