

Weekly Lesson Plan- Physical Education 4K-2

Teacher: **Dollar**

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

Date	Unit/Objective	Equipment	Lesson
<p>January 17th, 2017</p> <p>Lesson 1</p>	<p>Running</p>		<p>Intro: (5 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) The Big, Bad Wolf Tag</p> <p>Choose one student to be the wolf. The student who is selected to be the wolf must stand in the center of the game while all of the other students line up on one of the lines facing the wolf. The wolf calls out, "Who's afraid of the big bad wolf?" The players respond, "Not I!" Then the wolf says, "Then skip to the other side." As players do so, the wolf tags as many students as possible. Tagged students become the wolf's helpers and can tag other students racing across. The wolf calls out different ways to travel across each time (galloping, hopping, etc.).</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>January 19th, 2017</p> <p>Lesson 2</p>	<p>Running</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) Beanbag Tag</p> <p>Each student starts with a beanbag. The object of the game is to tag others by hitting their shoes with an underhand throw of the beanbag. If a player is hit on the shoes with a beanbag, s/he must do ten jumping jacks (or similar activity) before being allowed back into the game.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>