

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 24th, 2017</p> <p>Lesson 1</p>	<p>Teamwork</p>	<p>Parachute</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) Ball on Top</p> <p>Divide players into two teams. One group goes under the parachute, while the other group holds the parachute at waist height. Toss a ball onto the top of the parachute. The players under the parachute use their hands, or lie on their backs and use their feet, to hit the ball off the parachute onto the floor. The players holding the parachute use their hands to hit the ball back into the center of the parachute, but they cannot catch the ball and they cannot raise the parachute higher than their waist. When the ball hits the floor, teams switch places and the game continues.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
January 26 th , 2017 Lesson 2	Teamwork	Parachute; CD player	<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) Jaws</p> <p>Choose a player to be the first Jaws. The rest of the players will grip the edges of the parachute and hold it at waist height. Jaws goes under the parachute and holds one hand pointed upward above his or her head to look like a shark fin pushing against the parachute. Jaws moves around, while the other players make the sounds of waves and make waves with the parachute. Jaws moves quickly to “bite” a player by grabbing their leg and that player goes under the parachute to become a second Jaws. Now both players can grab other players. The game ends when everyone has been brought under the parachute.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>