

## Weekly Lesson Plan- Physical Education 4K-2

Teacher: **Dollar**

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

Date	Unit/Objective	Equipment	Lesson
January 31 <sup>st</sup> , 2017  Lesson 1		Scooters; basketballs; Frisbees; Ribbons; Super bouncers; CD player	<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/challenge: (30 min) Stations</b></p> <p>Divide students into four groups. Groups rotate to each station. Stations last 5-7 minutes.            Station 1: Ribbons/super bouncers            Station 2: Frisbees            Station 3: Basketball            Station 4: Scooters</p> <p><b>Cool Down: (5 min)</b></p> <p>Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
February 2 <sup>nd</sup> , 2017  Lesson 2	Hula hooping	Hula hoops; CD player	<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) Hula Hoops</b></p> <p>Introduction to hula hoops. Demonstrate how to hold a hula hoop, how to stand, where to place arms, and how to rotate hips. Practice time for kids. After 5 minutes or so, have students try hooping with other parts of their body, such as neck, wrist, arm, and ankles. Next, students will pair up and try rolling their hula hoops to each other. After some practice time, one student will roll the hula hoop and the other student will chase it and try to catch the hula hoop before it hits the ground.</p> <p><b>Cool Down: (5 min)</b></p> <p>Group high-fives, deep breaths, stretches</p>