

Weekly Lesson Plan- Physical Education 4K-2

Teacher: **Dollar**

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

Date	Unit/Objective	Equipment	Lesson
January 10 th , 2017 Lesson 1	Running		<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) Bridge Tag</p> <p>Choose 2-4 students to be "it." All other students must run around inside the square to avoid being tagged. When a player is tagged, s/he makes a bridge by going down to the ground on his hands and feet. A tagged player has to stay in this position until a free player crawls through his bridge.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
January 12 th , 2017 Lesson 2	Running		<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) The Blob Tag</p> <p>Choose one student to be "it." All other students must run around to avoid being tagged. If a student is tagged, s/he couples hands with the person who is it. Now those two people run around (holding hands) trying to tag other students. When a third person is tagged, s/he joins hands with the other two students who are it. Only the students on either end the "the blob" can tag students. If "the blob" breaks apart, they must rejoin hands before tagging another person. Continue until five people have joined "the blob" and have tagged the sixth person. The sixth person starts a new round by him/herself.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>