

Weekly Lesson Plan- Physical Education 4K-2

Teacher: **Dollar**

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

Date	Unit/Objective	Equipment	Lesson
<p>March 14th, 2017</p> <p>Lesson 1</p>		<p>Ribbon wands; tube; cones; balancing cups; polyspots; super bouncers; CD player</p>	<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) Ribbon Wands/Obstacle Course</p> <p><u>Ribbon Wands:</u> Each student is given a ribbon wand and can dance to music.</p> <p><u>Obstacle course:</u> Students use equipment to set up an obstacle course.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>March 16th, 2017</p> <p>Lesson 2</p>			<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) Scooters Students use scooters to practice balancing skills, teamwork, and racing skills.</p> <p>Cool Down: (5 min) Group high-fives, deep breaths, stretches</p>