

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 21st, 2017</p> <p>Lesson 1</p>	<p>Throwing; catching; teamwork; running.</p>	<p>Large rubber ball</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) Mousetrap and SPUD!</p> <p>The first half of class will be playing mousetrap tag. This is where students form a circle and hold hands. The students outside the circle are mice. On the teacher’s command, students in the circle raise their hands up and let the mice run in and out of the mousetrap. On the teacher’s command, students in the circle lower their hands. Any mice caught in the trap are now part of the mousetrap. Play continues until there is one mouse left.</p> <p>The second half of class we will be playing SPUD! One student throws a large rubber ball high into the air and calls out a classmate’s name. That student must catch the ball before it hits the ground. If they do not, they get a letter in “Spud.” Once a student gets all letters in SPUD, they are out.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>March 23rd, 2017</p> <p>Lesson 2</p>	<p>Throwing; aiming; running</p>	<p>Hula hoops; foam balls</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) Hula Basket Tag</p> <p>Students will pair up. One will hold a hula hoop and stand across from their partner, holding a foam ball. One student will throw and try to make it in the hoop their partner is holding. If they make it, the person with a hoop takes a step back and they shoot again. They do this until the person holding the hoop has taken 10 steps back and then they switch roles.</p> <p>For the tag game, one student will be IT. If tagged, the student must run to the sideline and make a hula basket (the teacher is holding the hula hoop) to get back in the game.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>