

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 7th, 2017</p> <p>Lesson 1</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 Tag/Color Tag</p> <p><u>Mousetrap Tag:</u> Divide the group into two unequal groups. The larger group, the mousetrap, forms a circle with hands joined, facing center. The smaller group, the mice, are outside the circle. Three signals are announced during the game: 1.) “Happy Play,” the mice play happily outside the circle; 2.) “Bridges Up,” the mousetrap is opened (circle players raise their joined hands to form arches) and the mice run in and out of it. The mice <i>cannot</i> run in and out of the mousetrap through adjacent openings; 3.) “Bridges Down,” the mousetrap is closed (circle players lower their hands). Any mice caught in the mousetrap join the circle to make the mousetrap. The game continues in this manner until all the mice are caught. The players take turns being the mousetrap and mice.</p> <p><u>Color Tag:</u> One student is “IT.” They stand in the center circle of the gym while all other players line up on an end line. IT calls a color: anyone wearing that color must run across the gym without getting tagged. If they get tagged, they join IT for the next round. If IT calls out, “rainbow,” ALL players must run. Play continues until there is only one player left. They are the new IT for the next round.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>March 9th, 2017</p> <p>Lesson 2</p>	<p>Dribbling, Running</p>	<p>Basketballs</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) Animal Tag</p> <p>Choose one player to be IT and choose the first animal for all the players to imitate. Tell players they will play a tag game in which they must move like different animals, while trying to avoid being tagged. Explain that this game is very fast-paced and that, every 20 seconds, you will choose a new player to be IT and give them a different animal to imitate. If a player is tagged, they must remain frozen in place, but can be unfrozen when touched by a fellow player. After 20 seconds or so, choose a new player as IT and give players a new animal to imitate. Remind players to move like the newest animal. You can also help with clues about how to move, such as “jump like a kangaroo,” “swing your arms like an elephant’s trunk,” or “swish your tail like a lion.” “Leap like a frog.” “Slither like a snake.” “Gallup like a horse.” “Flap your wings like a bird.” “Crawl like a spider.” “Walk like a turtle.” “Hop like a bunny.” Etc.</p> <p>Cool Down: (5 min)</p> <p>Group high-fives, deep breaths, stretches</p>