

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

Teacher: **Dollar**

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

Date	Unit/Objective	Equipment	Lesson
<p>May 16<sup>th</sup>, 2017</p> <p>Lesson 1</p>	<p>Balance</p>	<p>Hula hoops</p>	<p><b>Intro: (5 min) Warm-Up</b> 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><b>Game/challenge: (30 min) Hula Hoops</b> Hula hooping, with part of the time working on arms, neck, and ankles. Also, partner hula hoop toss.</p> <p><b>Cool Down: (5 min)</b> Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>May 18<sup>th</sup>, 2017</p> <p>Lesson 2</p>	<p>Kicking; passing; dribbling a ball down the field</p>	<p>Jerseys; soccer ball</p>	<p><b>Warm up: (10 min)</b> 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><b>Game/challenge: (30 min) Soccer</b>  Whole class game of soccer: will be played outside, weather permitting.</p> <p><b>Cool Down: (5 min)</b>  Group high-fives, deep breaths, stretches</p>