

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 23rd, 2017</p> <p>Lesson 1</p>	<p>Jumping</p>	<p>Jump Ropes</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) Jump Ropes Single and group jump rope stations. Review of jump rope skills from the course of the year.</p> <p>Cool Down: (5 min) Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>May 25th, 2017</p> <p>Lesson 2</p>	<p>Running</p>	<p>Kickball and bases; or soccer ball</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) Track and Field Running the track, weather permitting. Also, outside game of kickball or soccer.</p> <p>Cool Down: (5 min) Group high-fives, deep breaths, stretches</p>