

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 30th, 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) Stations Outside, weather permitting. Students will be split into four groups and rotate to each station. Stations will last 5-7 minutes each.</p> <ol style="list-style-type: none"> 1.) Jump Ropes 2.) Soccer 3.) Football 4.) Basketball <p>Cool Down: (5 min) Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>June 1st, 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) Parachute Parachute outside, weather permitting. We will play, "Color Switch," "Shark Attack," and "Popcorn."</p> <p>Cool Down: (5 min) Group high-fives, deep breaths, stretches</p>