

## 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 9<sup>th</sup>, 2017</p> <p>Lesson 1</p>	<p>Running; kicking; catching</p>	<p>Kickball; bases; board to keep score</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) Kickball</b>  Whole class game of kickball. We will play outside if the weather permits.</p> <p><b>Cool Down: (5 min)</b>  Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>May 11<sup>th</sup>, 2017</p> <p>Lesson 2</p>	<p>Dribbling; shooting</p>	<p>Basketballs; cones</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) Basketball</b></p> <p>Divide the gym in half. On one half the students can play basketball or practice shooting hoops. The other half the students will be doing basketball drills with the teacher: dribbling around cones; crossovers; bounce pass; etc.</p> <p><b>Cool Down: (5 min)</b></p> <p>Group high-fives, deep breaths, stretches</p>