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

**Teacher: Dollar**

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| **Strand:** | | Movement Competency | | | Cognitive Abilities | |  | Responsible behavior | Lifetime Fitness |  |
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| **Date** | | **Unit/Objective** | **Equipment** | | **Lesson** | | | | |
| November  15th, 2016  Lesson 1 | | Skipping and hopping | Cones; scooters | | **Skill:** How to skip  **Intro: (5 min) Warm-Up**  Students will [jog, skip, walk, lunge, shuffle...] laps as music plays  When music stops the teacher will call out a number and an exercise or stretch for the students to complete (teacher will model and count with students).  **Game: (35 min) Large Motor Relays**  Divide the class into small groups of about 5-7 students. Place cones in lines in front of each group. When you say go, the first student in line will maneuver around the cones in a zig-zag pattern while skipping. Once the students make it back to their respective lines, the next student in line will begin to skip. Continue until all students have had a chance to skip. The first team to finish wins.  *Challenge:* Put in variations such as: hop on one foot, walk backwards, use a scooter, lunges, army crawl, etc.  **Cool Down: (5 min)**  Group high-fives, deep breaths and stretches | | | | |

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| **Date** | **Unit/Objective** | **Equipment** | **Lesson** |
| November  17th, 2016  Lesson 2 | Throwing and Catching a ball | Foam balls | **Skill:**  How to properly throw and catch a ball.  **Intro: Warm up: (10 min)**  Students will [jog, skip, walk, lunge, shuffle...] laps as music plays  When music stops the teacher will call out a number and an exercise or stretch for the students to complete (teacher will model and count with students).  **Game/challenge: (30 min) Non-simultaneous Dodgeball**  Students will be split into two teams. One team will go first. Each player gets a foam ball and gets one try to hit another player on the opposite team (from the waist down). If a player is hit, the throwing team gets a point. If a ball is caught, the catching team gets a point. Teams keep switching back a forth, one team throwing and one team just dodging/catching. Team with the most points at the end of the game wins.  **Cool Down: (5 min)** Group high-fives, deep breaths and stretches. |