**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** |
|  November22nd, 2016Lesson 1 | Skipping and hopping |  | **Skill:** Running**Intro: (5 min) Warm-Up**Students will [jog, skip, walk, lunge, shuffle...] laps as music playsWhen 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) Turkeys and Farmers**Pick 3-5 students to be the, “Farmers.” Everyone else is turkeys. Farmers are given an area in the middle of the playing field. Turkeys start on one sideline. The turkeys have to run to the other side of the playing field without being tagged. If turkeys are tagged they become farmers or they are out. *Challenge:* Play the game like “What Time Is It, Mr. Fox?” and start with one farmer.Free Choice if time permits.**Cool Down: (5 min)** Group high-fives, deep breaths and stretches |