

Weekly Lesson Plan- Physical Education 4K-2

Teacher: **Dollar**

Strand: →Movement Competency Cognitive Abilities →Responsible behavior Lifetime Fitness

Date	Unit/Objective	Equipment	Lesson
<p>November 29th, 2016</p> <p>Lesson 1</p>	<p>Throwing and catching</p> <p>-Students will be able to throw different types of equipment with accuracy and catch with consistency</p>	<p>Foam balls</p>	<p>Skill: The students will catch a ball when it is thrown to them with consistency</p> <p>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).</p> <p>Activity: (10 min) Twister The teacher will stand in the center of a circle of students and take turns throwing/tossing the ball to each individual and they will catch the ball without dropping it. The teacher will progressively go faster, and go out of order by throwing to anyone at any time.</p> <p>Game: (25 min) Silent Ball Students will sit or stand in a circle and quietly throw the ball around to classmates. If the ball is dropped or thrown inaccurately, that person is out.</p> <p>Cool Down: (5 min) Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>December 1st, 2016</p> <p>Lesson 2</p>	<p>Dribbling a basketball</p>	<p>Cones, basketballs</p>	<p>Skill: Students will work in teams to successfully complete challenges.</p> <p>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).</p> <p>Activity: (15 min) Dribbling Skills Place cones in two lines (4-5 cones per line). Break students into two groups and have them line up in a single file line. When you say go, both groups will maneuver around the cones while dribbling the basketballs. Once the students make it back to their respective lines, they will pass the ball to the next student in line. Continue until all students have had a chance to dribble the ball.</p> <p>Game/Challenge: (15 min) Dribbling Relay Divide students into four equal teams. Have them line up in four single file lines. There will be a cone set up about 20-30 feet away from each line. Give each team a basketball. The object of this game is to dribble the ball from their line to the cones, and then back again. This is a relay. The first team to dribble the ball back and forth wins.</p> <p>Cool Down: (5 min) Group high-fives, deep breaths, stretches</p>