**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  8th, 2016  Lesson 1 | | Throwing and Catching a ball | 1 large rubber ball (kickball); cones. | | **Skill:** How to properly throw and catch a ball.  **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).  **Lesson/Activity: (10 min) Kicking**  Have students divide up into groups of four. Two groups of four will find a place on the court to kick the ball back and forth to each other. Students should take turns kicking the ball back and forth.  **Game: (25 min) Kick Out**  Divide the class into small groups of about 7-10 students. Have students gather in a circle around 3-4 cones. Students will practice kicking the ball into the center of the circle to attempt to knock down one or more cones. Whoever the ball rolls to gets to kick the ball next. Continue until all cones are knocked over.  **Cool Down: (5 min)**  Group high-fives, deep breaths and stretches | | | | |

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| **Date** | **Unit/Objective** | **Equipment** | **Lesson** |
| November  10th, 2016  Lesson 2 | Throwing and Catching a ball | 1 large rubber ball (kickball); hula hoop; jerseys. | **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).  **Lesson/Activity: (10 min) Kicking**  Have students divide up into groups of four. Two groups of four will find a place on the court to kick the ball back and forth to each other. Students should take turns kicking the ball back and forth.  **Game/challenge: (20 min) Kick by Number**  Divide students into two equal teams. Assign each team member a number (Both teams will have the numbers 1, 2, 3, 4, etc.). Have students line up shoulder-to-shoulder with teams facing each other, with one team wearing colored jerseys. Place a hula hoop and ball between the two lines of students. Call out a number. The student from each team with that number will run to the ball and kick it past the opposing team’s line. The team that kicks the ball across the opposing team’s line scores a point. Continue until all numbers have been called.  **Cool Down: (10 min)** Group high-fives, deep breaths and stretches. |