

Weekly Lesson Plan- Physical Education 4K-2

Teacher: **Dollar**

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

| Date | Unit/Objective | Equipment | Lesson |
|--|---|-----------|---|
| <p>October 11th, 2016</p> <p>Lesson 1</p> | <p>Body and Space Awareness</p> <p>-Students will move in a variety of ways in relation to others and identify personal and general space</p> | | <p>Skill: Moving safely with others in a bound area</p> <p>Intro: Warm up: (5 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>Lesson/Activity: (5 min) Red Light/ Green Light -To start lesson, tell students that most games played in PE so far involved body and space awareness. Ask students what they think that means. Blow bubbles to show students that the bubbles move around in the air without crashing into each other and popping.</p> <p>Students preform different locomotor movements at a verbal “green light” around the field and freeze at a verbal “red light”</p> <p>Game: (10 min) Freeze Tag One student will be selected as the tagger. If they tag another person, that player must freeze and wait for a friend to crawl under their legs to unfreeze them.</p> |

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|--|---|-------------------|--|
| <p>October 13th, 2016</p> <p>Lesson 2</p> | <p>Body and Space Awareness</p> <p>-Students will move in a variety of ways in relation to others and identify personal and general space</p> | <p>Foam balls</p> | <p>Skill: Moving safely with others in a bound area</p> <p>Intro: Warm up: (5 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>Lesson/Activity: (10 min) Students will be split into two groups that will start on opposite sides of the field. The teacher will call out a movement and they will have to do it as quickly as they can to the other side, being careful to avoid the team doing the same thing in the opposite direction.</p> <p>Game: Crab soccer (30 min)</p> <p>Students will be split into two teams. They will walk like crab and try to get foam balls in their net by using only their feet.</p> |