

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 18th, 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: Duck, Duck, Goose Students will practice chasing and fleeing by playing Duck, Duck, Goose</p> <p>Game: Color Tag</p> <p>The teacher will call out a color and those students who are wearing that color are taggers. The rest of the students line up on the end line. Another color is called out and if students are wearing that color, they must try and run to the other side of the gym without getting tagged. If a student is tagged they will have to go outside the playing area and do 10 jumping jacks, push-ups, or mountain climbers to get back in the game.</p> <p>Cool Down: Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
October 20 th , 2016 Lesson 2			<p data-bbox="877 402 1936 456" style="text-align: center;">No Gym Class = Parent-Teacher Conferences</p> <p data-bbox="877 505 1936 574" style="text-align: center;">If you have any questions or concerns about your child, please contact me for an appointment during conferences. I will be located in the 4K classroom.</p> <p data-bbox="1230 623 1583 693" style="text-align: center;">adollar@niagara.k12.wi.us (715) 251-3518 ext. 212</p>