

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 25th, 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: Parachute Switcheroo</p> <p>All players will hold on to the parachute and billow it up and down, practicing rhythm and working as a team. Starting with one player, they call the name of another student. They must run under the parachute, give each other a high-five, and switch spots. Play continues until everyone has had a turn.</p> <p>Cool Down: Group high-fives, deep breaths and stretches</p> |

| Date | Unit/Objective | Equipment | Lesson |
|--|----------------|-----------|--|
| <p>October 27th, 2016</p> <p>Lesson 2</p> | | | <p>Skill: Students will work together to successfully complete challenges.</p> <p>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).</p> <p>Lesson/Activity: (10 min) “Hula Hoops” Students will practice hula hoop skills: spinning of the hoop, foot placement, and hip movements. They will also practice rolling their hula hoop to a partner.</p> <p>Game/challenge: (20 min) Free Choice</p> <p>The last Thursday of each month we will vote as a class on our free choice activity: our favorite game that we played that month. For the month of October, our choices are: What Time is it, Mr. Fox?; Red Light, Green Light; Dodgeball; scooters; kickball; Stations; or Freeze Tag.</p> <p>Cool Down: (10 min) Group high-fives, deep breaths and stretches.</p> |