

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 4th, 2016</p> <p>Lesson 1</p>	<p>Cooperative Games</p> <p>-Students will demonstrate the characteristics of sharing and cooperation in a physical activity setting</p>	<p>Foam balls, hula hoops</p>	<p style="text-align: center;">Lesson</p> <p>Skill: Students will work together 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>Challenge: (10 min) Over, Under Relay</p> <p>Students are split into two or three teams. The first person in line passes a foam ball over their head to the teammate behind them. That student then passes the ball to the teammate behind them through their legs. When the last person in line gets the ball they race to the front and start again.</p> <p>Game: (20 min) “Musical Hoops”</p> <p>The students will do different movements (run, walk, hop, skip, etc.) while music is playing. When the music stops they must stand in a hula hoop (one per student, minus one). The one that is out gets to pick the next movement.</p> <p>Cool Down: (10 min) Group high-fives, deep breaths and stretches.</p>

Date	Unit/Objective	Equipment	Lesson
<p data-bbox="113 196 247 272">October 6th, 2016</p> <p data-bbox="113 331 247 363">Lesson 2</p>	<p data-bbox="306 188 470 256">Cooperative Games</p> <p data-bbox="306 305 533 565">-Students will demonstrate the characteristics of sharing and cooperation in a physical activity setting.</p>	<p data-bbox="590 188 764 331">1 large ball, 1 small ball, scooters for every child</p>	<p data-bbox="800 107 1440 139">Lesson</p> <p data-bbox="800 147 1709 180">Skill: Students will work together to successfully complete challenges.</p> <p data-bbox="800 220 1136 253">Intro: Warm up: (10 min)</p> <p data-bbox="800 261 1919 370">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 data-bbox="800 415 1367 448">Lesson/Activity: (10 min) CAT AND MOUSE</p> <p data-bbox="800 488 1955 667">You need two balls, one larger than the other. The children are seated in a circle. Tell a short story about how the Cat always chases the Mouse and the Mouse is little but quick. The balls are handed from one child to the next as quickly as possible. Start the smaller ball (the Mouse) first and the larger one, the Cat, a few seconds later. See if the students can keep the mouse away from the cat.</p> <p data-bbox="800 748 1276 781">Game/challenge: (20 min) Scooters</p> <p data-bbox="800 829 1898 894">Today we will introduce scooters. We will begin with safety rules. Next, we will play music and have free time with the scooters. Lastly, we will have a scooter race.</p> <p data-bbox="800 976 1654 1008">Cool Down: (5 min) Group high-fives, deep breaths and stretches.</p>