

Weekly Lesson Plan- Physical Education 4K-2

Teacher: **Dollar**

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

Date	Unit/Objective	Equipment	Lesson
<p>November 1st, 2016</p> <p>Lesson 1</p>	<p>Throwing and Catching a ball</p>	<p>1 large rubber ball (kickball)</p>	<p>Skill: How to properly throw and catch a ball.</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: Throwing/Catching Students form a circle by joining hands. The teacher will stand in the center of the circle. After demonstrating how to throw a large rubber ball, the teacher will throw the ball to each student. Students will throw the ball back to the teacher who will throw the ball to the next student in the circle. Repeat until all students have thrown the ball. The focus this week is on throwing a large rubber ball.</p> <p>Game: (10 min) Keep Away Divide students into groups of 10. Have 7 students form a circle around the other 3 students. The object of the game is to keep the large rubber ball away from the 3 students in the center of the circle. If a student inside the circle catches a ball as it is tossed over his/her head, s/he switches places with the student who threw the ball. Help students focus on throwing the ball.</p> <p>Cool Down: Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
November 3 rd , 2016 Lesson 2	Throwing and Catching a ball	1 large rubber ball (kickball); dodgeballs; cones	<p>Skill: How to properly throw and catch a ball.</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) Line Throw Have students line up in a single file line (as if they are going somewhere). The teacher stands about 10 feet away from the head of the line and throws the large rubber ball underhand to the first student. That student catches the ball, throws it back correctly to the teacher, and goes to the end of the line. If the ball is thrown back to the teacher incorrectly, have the student try again. Repeat until all students have had a chance. <u>Optional:</u> Challenge another line of students to compete with your line to see which line can throw and catch the ball the quickest (relay).</p> <p>Game/challenge: (20 min) Knockout Divide students into two teams. Each team plays on one half of the court. Two cones will be set up on each side of the playing field. The object of the game is to knock down one of the opposing team's cones with a ball. If a cone is knocked down, the team who knocked the cone down wins. If a team accidentally knocks over their own cone, the other team wins. Teams must not cross the center line to retrieve or throw a ball.</p> <p>Cool Down: (10 min) Group high-fives, deep breaths and stretches.</p>