

Weekly Lesson Plan- Physical Education K-2

Teacher: Dollar

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

Date	Unit/Objective	Equipment	Lesson
<p>September 13th, 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>Cones</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>Lesson/Activity: (5 min) “Crossing the Great Divide” Students will be put into groups of three. They will line up beside each other and have to cross the “divide”- a designated amount of space marked off by cones- without anyone’s feet losing contact with the player next to them. Try the whole class doing it after teams compete.</p> <p>Game: (20 min) Builders and Bulldozers</p> <p>Split the class into two teams. One team is the Builders and one team is the Bulldozers. The Bulldozers go around the area and knock down cones with their hands only, and the Builders go around and put the cones up the right way. When the music stops, the team with the most cones wins.</p> <p>Cool Down: (10 min) Group high-fives, deep breaths and stretches.</p>

Date	Unit/Objective	Equipment	Lesson
<p>September 15th, 2016</p> <p>Lesson 2</p>	<p>Cooperative Games</p> <p>-Students will demonstrate the characteristics of sharing and cooperation in a physical activity setting.</p>	<p>Hula hoops, 2 beach balls, foam balls</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) "Pass It Down" Six or eight students will be sitting in a straight line, with a student across from each one (feet to feet). One hoop will be at the beginning with several different types of balls and another hoop will be empty at the end of the group. The students will be facing each other and have to pass a ball from pair to pair only using their feet, trying not to drop the ball. They will keep going until all balls are moved from one hoop to the other.</p> <p>Game: "Infinity Ball" Students will be put into two teams. Teams will work together to keep a beach ball in the air by hitting it to each other. If it goes out of bounds or hits the ground the other team gets a point and the game starts again.</p> <p>Cool Down: (10 min) Group high-fives, deep breaths and stretches.</p>