

## Weekly Lesson Plan- Physical Education 4K-2

**Teacher: Dollar**

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

Date	Unit/Objective	Equipment	Lesson
<p>September 20<sup>th</sup>, 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, one for each pair; Dodgeball</p>	<p><b>Lesson</b></p> <p><b>Skill:</b> Students will work together to successfully complete challenges.</p> <p><b>Warm up: (10 min)</b> 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><b>Lesson/Activity: (5 min) “Long distance passing”</b> Students will be put into pairs by touching toes with someone who has the same color on their shoes. Once in pairs, they line up across from each other. They toss the ball to their partner. If the ball is caught, they each take one step back. This process is repeated. If the ball is dropped, they must start over. Object is to see how far apart partners can get.</p> <p><b>Game: (20 min) Spud!</b></p> <p>One person starts as “It.” They toss a ball high into the air and call out a person’s name, then run. The person’s whose name was called has to catch the ball and yell, “SPUD!” When students hear this, they freeze. The person with the ball gets to take three large steps towards anyone and tag them with the ball. If they get tagged, they get a letter in “SPUD.” They are now the new caller. This process is repeated over and over until someone spells all the letters in, “SPUD.”</p> <p><b>Cool Down: (10 min)</b> Group high-fives, deep breaths and stretches.</p>

Date	Unit/Objective	Equipment	Lesson
<p>September 22<sup>nd</sup>, 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><b>Skill:</b> Students will work together to successfully complete challenges.</p> <p><b>Intro: Warm up: (10 min)</b>  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><b>Lesson/Activity: (10 min) "Pass It Down"</b>  Six or eight students will be standing in a straight line, with a student across from each one. One hoop will be at the beginning with a ball 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, trying not to drop the ball. The last team member has to crab-walk their ball to their hula-hoop. First team done is the winner!</p> <p><b>Game: "Infinity Ball"</b>  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><b>Cool Down: (10 min)</b> Group high-fives, deep breaths and stretches.</p>