

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 27th, 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>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) “Counting Steps” Students will line up. We will practice calling out a number between 1-12, and counting each step out loud together as a class. This practice will help us stay safe in the upcoming game.</p> <p>Game: (20 min) What Time is it, Mr. Fox?</p> <p>One person starts as “Mr. Fox.” The rest of the students line up at the end of the gym. Mr. Fox is in the center circle, facing away from the rest of the kids. The kids shout, “What time is it, Mr. Fox?” Mr. Fox will shout out a number between 1-12. The kids then take that many number of steps (they choose if they want to take big steps or little steps). This process is repeated until Mr. Fox decides, “It’s time to eat you!” He then turns around and chases the kids back to the line. If he tags someone, they are the next Mr. Fox.</p> <p>Cool Down: (10 min) Group high-fives, deep breaths and stretches.</p>

Date	Unit/Objective	Equipment	Lesson
<p>September 29th, 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>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 September, our choices are: Builders and Bulldozers, What Time is it, Mr. Fox?, Caterpillar Tag, Infinity Ball, SPUD, Zoo Animals, or Cars.</p> <p>Cool Down: (10 min) Group high-fives, deep breaths and stretches.</p>