**Weekly Lesson Plan- Physical Education K-2**

**Teacher: Dollar**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Strand:** | Movement Competency | Cognitive Abilities |  | Responsible behavior | Lifetime Fitness |  |
|  |  |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Date**  September  6th, 2016  Lesson 1 | **Unit/Objective**  Locomotor Movements  -Students will distinguish between personal space and general space  - Students will be able to demonstrate loco- motor skills in their personal space | **Equipment**  Music, hoop for each student | **Lesson**  **Skill:** Students will practice locomotor skills and moving safely in personal and general space.  **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).  **Lesson/Activity: (25 min) “Loco-Motors”**  Intro: Each student is given a spot on the ground, this is their personal space. No one else is allowed to be in their spot.  They will use their hands/arms to make a circle around their bodies. This is also their personal space.  Then the teacher will walk around the gym, walking in the general space. Next, the students move in the general space.  Activity: Each student is given a hoop. This is their parking garage, and they are cars. When the music is playing they are “driving” around, doing the locomotor movement the teacher gives them, in the general space, without “crashing” into other cars. When the music stops they must go back to their garage right away.  EX:  Speed limit: walking; bumpy road: skipping; construction: jump over pot holes; highway: running; raining: windshield wipers (jumping jacks); traffic jam: hopping on one foot, etc.  The teacher is known as the Police Officer and will be looking for safe drivers!  **Cool Down: (10 min)** Group high-fives, deep breaths and stretches. |
| **Date**  September 8th, 2016  Lesson 2 | **Unit/Objective**  Locomotor Skills  -Students will be able to complete a variety of locomotor movements  -Students will distinguish between personal space and general space | **Equipment**  Pictures | **Lesson**  **Skill:** Students will identify locomotor movements  **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).  **Lesson/Activity: “Zoo Animals”**  There are lots of animals that walk, run, jump, hop, gallop and leap. PE class will become a zoo and the class will be the animals by imitating how they move.  **1: WALK**. The teacher will hold up a picture of a giraffe  When giraffes walk, they move both legs on one side of their body and then both legs on the other side; this is unique to giraffes.  Students will: •Get on their hands and feet to make four legs like a giraffe. •Move their right hand and right foot forward at the same time. •Move their left hand and left foot forward at the same time.  **2: RUN**: The teacher will hold up a picture of a cheetah.  The cheetah is one of the fastest animals.  Students will:  •Run from one end of the space to the other as fast as they can.  **3: JUMP**: The teacher will hold up a picture of a kangaroo.  The kangaroo jumps very high.  Students will:  •Stand next to a partner and see who can jump higher  **4: GALLUP/SKIP**: The teacher will hold up a picture of a horse.  Students will:  •Face and move in a forward motion •Choose a foot to start with and step forward with it •Keep the same leg in the lead during the gallop •The back leg chases the front leg but does not go ahead of it •Bend at the knees and try to be “light” on their feet as they gallop  **5: CRAWL**:  The teacher will show a picture of a crab.Students will:  •Crab walk ½ way in the space.  **6**: pretend to be your favorite animal  **Cool Down: (10 min)** Group high-fives, deep breaths and stretches. |