

Specialist Weekly Lesson Plan Form

Teacher: Lori Wells	Date: Feb 20-24 2017
Subject: Physical Education	

Objectives	Activities/Materials	Assessment
<p>Kindergarten</p> <p>1-P-3.1 Demonstrate the ability to strike an object using a variety of body parts 1-P-1.3 Demonstrate selected elements of space awareness movement concepts for levels and directions, such as low, medium, high, up/down, forward/backward, right/left, clockwise/counter-clockwise.</p>	<p>Kindergarten</p> <ul style="list-style-type: none"> • Body Awareness • Striking Skills- directional intent • Manipulative Stations 	<p>Kindergarten:</p> <ul style="list-style-type: none"> • student participation • teacher observation
<p>First Grade:</p> <p>1-P-1.1 Demonstrate all locomotor skills (walk, run, leap, jump, hop, slide, gallop, and skip). 1-P-1.2 Demonstrate clear contrasts between slow and fast movements traveling in different directions and in personal and general space without bumping into others or falling</p>	<p>First Grade:</p> <p>Sports through Time: Track and field</p> <ul style="list-style-type: none"> • Sprinting • Hurdles • Relay <p>Tennis</p> <ul style="list-style-type: none"> • Parts of a racket 	<p>First Grade:</p> <ul style="list-style-type: none"> • student participation • Teacher observation
<p>Second Grade:</p> <p>1-P-3.3 Catch an object above and below the waist using proper form. 1-P-2.4 Demonstrate control in traveling, weight bearing, weight transfer, and balancing activities. 1-P-1.1 Demonstrate mature form for locomotor</p>	<p>Second Grade:</p> <p>Proprioception</p> <ul style="list-style-type: none"> • tracking an object • catching stations 	<p>Second grade:</p> <ul style="list-style-type: none"> • student participation • teacher observation

<p>skills (walk, run, jog, leap, jump, hop, slide, gallop, and skip).</p>		
<p>Third Grade:</p> <p>1-E-1.1 Demonstrate and understand the spatial awareness movement concepts (e.g., personal space, general space and boundaries) in individual/partner activities and group.</p> <p>1-E-3.2 Manipulate a variety of objects with different sizes, shapes and weights. (i.e.; dribbling/throwing a tennis ball or. dribbling/throwing a basketball; volleying with a beach ball or. a volleyball; catching a football or. a yarn ball) with control (correct force, opposition). 35 1-E-3.3 Individually develop combinations of movements into sequences while manipulating a variety of objects.</p>	<p>Third Grade:</p> <p>5 stages of the Overhand throw</p> <p>*side to target, *make a "T", * listen to the ball, *shift weight back, *step & throw, follow thru</p>	<p>Third Grade:</p> <ul style="list-style-type: none"> • student participation • written project
<p>Fourth Grade:</p> <p>3-E-1.1 Discuss the components of health-related fitness (cardio respiratory endurance, muscular strength and endurance, flexibility, and body composition). 3-E-1.2 Identify the long-term impact of physical activity to one’s physical health. 3-E-1.3 Identify the long-term impact of physical activity to one’s emotional and psychological health (e.g., stress and mental health, depression, hurt feelings, anxiety, ability to concentrate).</p> <p>3-E-2.1 When given a list of activities, students will identify moderate and/or vigorous activities that provide pleasure and engage in activities provided in the community.</p>	<p>Fourth Grade:</p> <ul style="list-style-type: none"> • Begin executing and analyzing phases of a run <p>Wax Museum Focus: Jesse Owens, Wilma Rudolph</p>	<p>Fourth Grade:</p> <ul style="list-style-type: none"> • student participation • teacher observation • Formal Assessment
<p>Fifth Grade:</p> <p>3-E-1.1 Identify and provide examples of the</p>	<p>Fifth Grade:</p> <ul style="list-style-type: none"> • Muscle Math 	<p>Fifth Grade:</p>

components of health-related fitness (cardio respiratory endurance, muscular strength and endurance, flexibility, and body composition). 52 3-E-1.2 Identify examples of the impact from daily choices of physical activity on one's physical health.

- **Formal Assessment**

- **student participation**
- **teacher observation**

Other:

Technology Integration

Ipads
Video presentation Jesse Owens, Wilma Rud

Accommodations/Modifications/ Differential Instruction: