German/Koorangi/Porter/Mccullers

Lesson Plans: April 20th-24th

Objectives: Students will show aerobic cardiovascular endurance, muscular strength endurance, abdominal strength endurance, and flexibility.

LIM: Review Habit 1, 2, 3, 4, 5, and 6

Alabama Standards:

*Apply varied effort and pathways to running, jumping, and throwing.

*Demonstrate safety rules for physical education activities, including games that require implements and tag games that have designated boundaries.

*Demonstrate throwing, striking, and kicking skills by throwing overhand for distance and accuracy, striking with short and long implements, and kicking while approaching a moving object.

*Demonstrate aerobic cardiovascular endurance, muscular strength endurance, abdominal strength endurance, and flexibility.

*Demonstrate locomotor skills: Running, walking, jumping, hand eye coordination and balance

*Display good sportsmanship and apply problem-solving and teamwork strategies to cooperatives.

* Demonstrate persistence while engaged in activities that require the use of both large and small muscles, demonstrate spatial awareness, demonstrate control of large muscles with equipment, and demonstrate hand-eye coordination in movement (underhand throw).

	Materials/Equip	Whole Group	Small Group	Video
	ment			
Monday: Coach	Side walk chalk	Warm Up:	Using the	
Porter	Painters	- Students will	materials you	https://www.yout
	Tape/Tape	perform a variety	have around the	ube.com/watch?v
	Fence/Side of	of static, dynamic,	house draw the	=JSLWrNGP0SM&
	house Can draw	and ballistic	following shapes:	feature=youtu.be
	shapes in the	stretches.	Circle Square	<u>reature</u> youtande
	sand/dirt Tennis		Rectangle	
	ball/Socks/Anythi		Diamond Triangle	
	ng to throw at the		*Make a mark of	
	shapes/colors		distances from	
	_		3/6/9 feet away to	
			give you a point to	
			throw objects at	
			the called-out	
			shapes/colors.	
			*Have a	
			parent/sibling call	
			out a shape/color.	
			*Throw an object	

Thursday: Coach K	Materials: Ball Toss-	Warm Up: Students will	Backyard Games K-5 th Grade	
	post to our Instagram page. *Modify accordingly.		problems, shapes, and etc.). Challenge: Let your child/ children draw their own hopscotch path and complete it.	
	and lots of sidewalk. I would love to see your pictures! Please email me at Raeann.german@ acboe.net with permission to	of static, dynamic, and ballistic stretches.	Draw a large hopscotch on the sidewalk. Use different shape or design for the hopscotch pathway. (For example: write sight words, letters, math probleme_shapes	
Wednesday: Coach German	Materials Needed: Sidewalk or outdoor chalk	Warm Up: Students will perform a variety	Hopscotch with Chalk:K-5 th Grade:	https://youtu.be/2 LqX0cvGZI8
Tuesday: Coach McCullers	Bucket, pan, stick, fishing pole, string, line, weighted object	Warm Up: - Students will perform a variety of static, dynamic, and ballistic stretches.	called out. Casting Lesson: This lesson gives you the chance to practice hand eye coordination by using acquired materials to place a desired object in a specific target.	Casting Lesson Kids Casting Video Parents Video on How to Set up Kids Fishing Pole Casting for Beginners
			into the correct shape/color that is	

bowls, bails, beam state boltees by 10s. bigs, or any safe objects you can toss into the buckets. Large Tic Tac Toe – make the tic tac toe game using a plastic table cloth or, duct tape, and 2 different colors of plastic plates. If you don't have a table cloth you can use sidewalk chalk. Outdoor Bowling: Materials Needed: 10 plastic bottles, or 10 empty vegetable cans, and a ball. *Will modify accordingly. *I would love to see your pictures! Please email *I would love to see your post to our Instagram page. buckets wits of the buckets up starting with the starting with the starting with the starting with the buckets up starting with the starting with the starting with the starting with the most vith the most buckets with older with the most buckets with older buckets buck	bowls, balls, bean	and ballistic	buckets by 10s.	
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Outdoor			<u>Outdoor</u>	
Bowling:				
Lesson Procedure:				
Fill each bottle			Fill each bottle	
with Water			with Water	
(Almost to the			(Almost to the	
Top). Line up			Top). Line up	
your Bowling Pins			your Bowling Pins	
(water bottles) and				
grab a Small				
Basketball or			0	

		Dodgeball and start Bowling away.	
Friday	Free Choice	K-5 th grade: Free Choice-There are a lot of ways to be active! Ideas: Playing chase Jumping Rope Riding Bikes Skateboarding Playing basketball Walking the dog Playing hopscotch Riding your Scooter Jumping on the Trampoline Cleaning your Room Swimming in your pool	