

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/Equipment	Whole Group	Small Group	Video
Monday: Coach Porter	Side walk chalk Painters Tape/Tape Fence/Side of house Can draw shapes in the sand/dirt Tennis ball/Socks/Anything to throw at the shapes/colors	Warm Up: - Students will perform a variety of static, dynamic, and ballistic stretches.	Using the materials you have around the house draw the following shapes: Circle Square Rectangle Diamond Triangle *Make a mark of 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	https://www.youtube.com/watch?v=JSLWrNGP0SM&feature=youtu.be

			into the correct shape/color that is called out.	
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.	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
Wednesday: Coach German	Materials Needed: Sidewalk or outdoor chalk and lots of sidewalk. I would love to see your pictures! Please email me at Raeann.german@acboe.net with permission to post to our Instagram page. *Modify accordingly.	Warm Up: Students will perform a variety of static, dynamic, and ballistic stretches.	Hopscotch with Chalk:K-5th Grade: Draw a large hopscotch on the sidewalk. Use different shape or design for the hopscotch pathway. (For example: write sight words, letters, math problems, shapes, and etc.). Challenge: Let your child/ children draw their own hopscotch path and complete it.	https://youtu.be/2LqX0cvGZI8 
Thursday: Coach K	Materials: Ball Toss- Materials Needed: 5 Buckets or plastic	Warm Up: Students will perform a variety of static, dynamic,	Backyard Games K-5th Grade Ball Toss: Lesson Procedure: Number the	https://youtu.be/WNPCrh6k9FQ

	<p>bowls, balls, bean bags, or any safe objects you can toss into the buckets.</p> <p><u>Large Tic Tac Toe</u> – 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.</p> <p><u>Outdoor Bowling-</u></p> <p>Materials Needed: 10 plastic bottles, or 10 empty vegetable cans, and a ball.</p> <p>*Will modify accordingly.</p> <p>*I would love to see your pictures! Please email me Candace.Koorangi@acboe.net with permission to post to our Instagram page.</p>	and ballistic stretches.	<p>buckets by 10s. You can write on your buckets or just tape the number to the buckets. Line the buckets up starting with the smallest number closest to you (10). Each player gets 3 balls to toss and the player with the most points wins. Smaller kids can stand closer to the buckets with older kids starting farther away.</p> <p><u>Large Tic Tac Toe:</u></p> <p>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. Cut the table cloth so it is square then measure and tape off the tic tac toe area in 9 equal squares.</p> <p><u>Outdoor Bowling:</u></p> <p>Lesson Procedure: Fill each bottle with Water (Almost to the Top). Line up your Bowling Pins (water bottles) and grab a Small Basketball or</p>	
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			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	