

# **Lesson Plans**

**Teacher: Muna Osisoma**

**Date: Sept. 7-10**

**Elementary P.E. (Kinder. - 5<sup>th</sup> grade)**

**Objective SWBAT:**

- Learn class expectations
- Work on Motor/ movement skills
- Work together to achieve common goals

**Tuesday Sept. 7 (1<sup>st</sup> grade)**

## **Warm up**

Students start on the baseline and walk down the court lifting legs high with a bent knee so they can clap under leg. On teacher's command they can change from clapping under leg to clapping over leg or lightly slap the top of knees as they lift their legs.

**-Activity:** Sharks and Minnows

## **Warm Down**

Students perform a light warm down by slowly jogging four lengths of the basketball court. Then they can walk two more lengths before finishing off with walking one length backwards. As the students are finishing off their warm down, I will ask questions to review some of the key teaching points of the day.

**Wednesday Sept. 8 (Kindergarten)**

## **Warm up**

Students start on the baseline and walk down the court lifting legs high with a bent knee so they can clap under leg. On teacher's command they can change from clapping under leg to clapping over leg or lightly slap the top of knees as they lift their legs.

**-Activity:** Sharks and Minnows

## **Warm Down**

Students perform a light warm down by slowly jogging four lengths of the basketball court. Then they can walk two more lengths before finishing off with walking one length backwards. As the students are finishing off their warm down, I will ask questions to review some of the key teaching points of the day.

**Thursday Sept. 9 (3<sup>rd</sup> & 4<sup>th</sup> Grade)**

**Warm up**

Students start on the baseline and walk down the court lifting legs high with a bent knee so they can clap under leg. On teacher's command they can change from clapping under leg to clapping over leg or lightly slap the top of knees as they lift their legs.

**-Activity:** Sharks and Minnows

**Warm Down**

Students perform a light warm down by slowly jogging four lengths of the basketball court. Then they can walk two more lengths before finishing off with walking one length backwards. As the students are finishing off their warm down, I will ask questions to review some of the key teaching points of the day.

**Friday Sept. 10 (2<sup>nd</sup> Grade)****Warm up**

Students start on the baseline and walk down the court lifting legs high with a bent knee so they can clap under leg. On teacher's command they can change from clapping under leg to clapping over leg or lightly slap the top of knees as they lift their legs.

**-Activity:** Sharks and Minnows

**Warm Down**

Students perform a light warm down by slowly jogging four lengths of the basketball court. Then they can walk two more lengths before finishing off with walking one length backwards. As the students are finishing off their warm down, I will ask questions to review some of the key teaching points of the day.