

Lesson Plans

Teacher: Muna Osisoma

Date: Oct. 11-15

Elementary P.E. (Kinder. - 5th grade)

Objective SWBAT:

-Work on Motor/ movement skills

-Work together to achieve common goals

Monday Oct. 11 (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: Crossing the great divide

I'll divide the class into small groups. The object of the game is to get your group across the great divide (an area I select, 40 ft or so). To do so the players start by lining up beside each other, with their feet touching the feet of the players next to them. The team must cross the great divide without anyone's feet losing contact with the feet of the players next to them. When the players lose contact, the group must return to the starting line before starting their next attempt. So in short, all the team has to do is cross the designated area without coming apart (anyone losing foot contact with their neighbor).

Taffy pull

Two students are selected to be the pullers. All other players join together in the center of the gym, on the floor (no standing). The players in the center hang on to each other (the group must all be connected), (no hanging on to another person's head, hair, or clothes on the signal, the pullers attempt to pull the players from the pile. The pullers may not pull by the hair, head, neck, or clothes. Pullers may not tickle or pull players by lifting them from the ground; players must be dragged from the pile. Once a player is removed from the pile he becomes a puller (with a large number of students you could limit the number of pullers, first 5 out the rest will be out till the game is over). The winner will be the last two players left in the game.

Cool 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.

Tuesday Oct. 12 (1st 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: Crossing the great divide

I'll divide the class into small groups. The object of the game is to get your group across the great divide (an area I select, 40 ft or so). To do so the players start by lining up beside each other, with their feet touching the feet of the players next to them. The team must cross the great divide without anyone's feet losing contact with the feet of the players next to them. When the players lose contact, the group must return to the starting line before starting their next attempt. So in short, all the team has to do is cross the designated area without coming apart (anyone losing foot contact with their neighbor).

Taffy pull

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Cool 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 Oct. 13 (5th 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: Handball

Cool 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 Oct. 14 (3rd & 4th 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: Handball

Cool 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 Oct. 15 (2nd 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: Crossing the great divide

I'll divide the class into small groups. The object of the game is to get your group across the great divide (an area I select, 40 ft or so). To do so the players start by lining up beside each other, with their feet touching the feet of the players next to them. The team must cross the great divide without anyone's feet losing contact with the feet of the players next to them. When the players lose contact, the group must return to the starting line before starting their next attempt. So in short, all the team has to do is cross the designated area without coming apart (anyone losing foot contact with their neighbor).

Taffy pull

Two students are selected to be the pullers. All other players join together in the center of the gym, on the floor (no standing). The players in the center hang on to each other (the group must all be connected), (no hanging on to another person's head, hair, or clothes on the signal, the pullers attempt to pull the players from the pile. The pullers may not pull by the hair, head, neck, or clothes. Pullers may not tickle or pull players by lifting them from the ground; players must be dragged from the pile. Once a player is removed from the pile he becomes a puller (with a large

number of students you could limit the number of pullers, first 5 out the rest will be out till the game is over). The winner will be the last two players left in the game.

Cool 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.