

# Physical Education Lesson Plan

2<sup>nd</sup> 9 Weeks

24-25 School Year

**Grades 1<sup>st</sup>-6<sup>th</sup>**

**Monday:** Mile run/walk. Students are to strive for a weekly goal of 5 miles. Students' school year goal is 100 miles or more. Focus: Health and Fitness

**Tuesday:** Cooperative Activities. Focus: Locomotor/Non-locomotor skills, Manipulative skills, and Movement Concepts

**Wednesday:** Mile run/walk. Students are to strive for a weekly goal 5 miles. Students' school year goal is 100 miles or more. Focus: Health and Fitness

**Thursday:** Cooperative Activities. Focus: Locomotor/Non-locomotor skills, Manipulative skills, and Movement Concepts

**Friday:** Introductory to Sport Fundamentals. Focus: Personal and Social Behavior

\* Week 1-2 Classroom rules & procedures. Safety Procedures.