

Physical Education Lesson Plan

3rd 9 Weeks

24-25 School Year

Grades 1st-6th

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.