

November Lesson Plans P.E.

Week #1

Grades: Pk-3

Lesson Title: Get off the Island

Equipment: Two poly spots, two hula hoops, one carpet square, any other equipment they can step on, two pieces of paper

ODE Standards Addressed:

- **Standard 1:** A physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** A physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 4:** A physically literate individual exhibits responsible, personal and social behavior that respects self and others.
- **Standard 5:** A physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Description: Students will be presented with a made up scenario where we end up on an island and need to get back home to beautiful Cleveland, Ohio. I will present the equipment that we can use to get back across the water including the poly strips (water resistant French fries), Hula hoops (Monster truck tires), carpet squares (lily pads), and get creative with any other equipment that they can use. We will brain storm to develop a plan to use the equipment. Eventually most groups find that they can make a bridge to Cleveland and take turns crossing the water. This will help improve their balance and ability to think through a situation to find the best way to strategize. If time permits we will give another scenario and the equipment will change, they will have two pieces of paper. Using the paper, they will use them to skate across the frozen lake to Cleveland shuffling their feet in a new locomotor way.

Learning objectives:

By the end of class, the students will be able to...

Use multiple pieces of equipment and imagination to develop a strategy that works best for everyone in the class.

Contribute and find solutions to problems using good sportsmanship and manners.

Practice respect for one another and put a plan into action.

November Lesson Plans P.E.

Week #2

Grades: PK-3

Lesson Title: Catching and throwing

ODE Standards:

- **Standard 1:** A physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** A physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 4:** A physically literate individual exhibits responsible, personal and social behavior that respects self and others.
- **Standard 5:** A physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

Equipment: Bean bags or any other object to catch and throw (at home learners can use rolled up socks or what they have available.)

Description: PK-1st grade students will receive one bean bag and be instructed to toss and catch it individually to themselves. After a little practice with this skill, I will give several “catching and throwing challenges” to them for them to try individually. Then, I will ask them to use creativity and develop their own catching and throwing trick to show to the class. We will do the same for 2nd and 3rd grade, but after we show the “tricks”, I will show them how to do a beanbag/ water balloon toss type of game afterwards if time allows.

Objectives: By the end of class, students will be able to...

- Throw an object and catch it individually
- Use creativity in developing their own tricks
- For older grades be able to work with a partner using catching and throwing skills

November Lesson Plans P.E.

Week #2

Grades: PK-3

Lesson Title: Catching and Throwing

ODE Standards:

- **Standard 1:** A physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** A physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 4:** A physically literate individual exhibits responsible, personal and social behavior that respects self and others.
- **Standard 5:** A physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

Equipment: Tissues/ beanbags/ plastic bags

Description: This week we will use catching and throwing skills that were previously taught. With PK-1st grade we will start with a review and go right into the toss with a partner game meant for the 2nd and 3rd graders last week. For the 2nd and 3rd graders we will start with partner toss but quickly move into partner juggling... I will instruct this. From there the younger students will receive two tissues and be taught how to independently juggle with two objects. They can try this with slower moving objects like tissues or plastic bags. The older grades will receive two beanbags and be taught the same skill on a quicker level. If time permits, we will have an opportunity to demonstrate for each other our juggling skills.

Objectives: By the end of class, students will be able to...

- Practice catching and throwing independently and with a partner
- Start developing a new skill and hand/eye coordination
- Practice social responsibility and knowledge of space

November Lesson Plans P.E.

Week #4

Grades: Pk-3

Lesson Title: Juggling/ Oscar's Garbage Can

ODE Standards:

- **Standard 1:** A physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** A physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 4:** A physically literate individual exhibits responsible, personal and social behavior that respects self and others.
- **Standard 5:** A physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

Equipment: Beanbags/ tissues

Description: We will continue with catching and throwing independently and with a partner, then move right into juggling skills. Throw-Throw-Catch-Catch method with two and then into one handed juggling attempts. Since this is mainly a review day, there will be, hopefully, very little review and a lot of time for practicing of skills. At the end of class in order to put away the equipment we will play Oscar's Garbage can. Or Cookie monster.

Objectives: By the end of class, students will be able to...

- Review previously learned skills and practice them
- Learn a new and fun game to put away equipment

November Lesson Plans P.E.

Week #1

Grades: 4-8

Lesson Title: Design a Workout Continued

ODE Standards:

- **Standard 1:** A physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** A physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3:** A physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4:** A physically literate individual exhibits responsible, personal and social behavior that respects self and others.
- **Standard 5:** A physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

Equipment: Worksheets from Last Week

Description: Last week the students were given a chance to use some of the workout ideas that we have been able to use over the last few weeks and design their own. Taking a personal perspective to their own fitness. We will try a few more individuals exercise programs in the room.

Objectives: By the end of class, students will be able to...

- Practice their own fitness knowledge
- Use creativity in designing a workout
- Gain an understanding of how a workout is comprised with all aspects addressed
- Have respect for others while doing exercises from other individual's workouts

November Lesson Plans P.E.

Week #2

Grades: 4-8

Lesson Title: Speed and Agility

ODE Standards:

- **Standard 1:** A physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** A physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3:** A physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 5:** A physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

Equipment: Speed Ladder/ Jump Ropes (if room permits)/ Poly Strips

Description: This week the fitness component is speed and agility training. We will as a class take time with a great piece of equipment called a speed ladder. Online students can either use side walk chalk or masking tape on the floor to create a ladder. They can get creative, or they can simply mimic the movements of the in person learners to gain an understanding of how to perform them. We will perform a series of movements through the ladder. Once done, some other speed and agility work can be done with a great piece of equipment called a jump rope. We can also do a lot of the same movements with the poly strips that will incorporate speed and agility training.

Objectives: By the end of class, students will be able to...

- Understand how to improve speed and agility as a fitness component
- Practice a variety of exercises for this concept

November Lesson Plans P.E.

Week #3

Grades: 4-8

Lesson Title: Flexibility and Yoga

ODE Standards:

- **Standard 1:** A physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** A physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3:** A physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4:** A physically literate individual exhibits responsible, personal and social behavior that respects self and others.
- **Standard 5:** A physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

Equipment: Yoga Dice, 20-minute Yoga Video (Google search yoga for beginners), Sit and reach box

Description: Students will gain an understanding of how flexibility is a part of fitness and sometimes an overlooked part of sports and athletics. The in person students will have a chance to put their own flexibility to the test by using the sit and reach box. Online students will be able to test their flexibility if they have access to a tape measure or a yard stick, using the stream we will teach how to do both. Students will then watch a yoga video which is a type of exercise program that relies on flexibility and range of movement. If time permits, we will perform other yoga techniques using the yoga dice.

Objectives: By the end of class, students will be able to...

- Understand and practice another fitness component
- Put this fitness component to the test with a standard test called the sit and reach
- Gain knowledge of a different way to train that incorporates an alternative type of exercise

November Lesson Plans P.E

Week #4

Grades: 4-8

Lesson Title: Juggling

ODE Standards:

- **Standard 1:** A physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** A physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3:** A physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4:** A physically literate individual exhibits responsible, personal and social behavior that respects self and others.
- **Standard 5:** A physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

Equipment: Beanbags

Description: Hand and eye coordination is important for many sports especially sports that include catching and throwing. It is also a fitness component that can be improved like many other components... By using it. By learning how to juggle or attempting it, not only are you learning how to perform a cool party trick, but also developing hand and eye coordination. We will begin with one beanbag (online learners can use balled up socks or what they have) by tossing and catching get both of those acts accomplished. Then build up to two using a throw throw catch catch method to juggle. The third thing they will be working on is juggling two beanbags in one hand. Lastly, if we get to it, they will be using three beanbags and attempting true juggling.

Objectives: By the end of class, students will be able to...

- Improve hand/eye coordination
- Understand that this is a fitness component that can be improved
- Have knowledge about how to perform juggling

November Lesson Plans Health

Week #1

Grades: 2-8

Lesson Title: Bullying

Standards: Social and emotional health

Equipment: Magazine article

Description: Last week we talked about the who, what, when, why and where of bullying. This week we are going to take it a step further and learn about it from a former bully's perspective. By reading the article and watching the video produced about the same topic, we will develop an understanding from a unique perspective. Discussion based class.

Objective: By the end of class, students will be able to...

- Understand bullying from a unique perspective, the bully's
- Understand the emotional and social effects of bullying on health

November Lesson Plans Health

Week #2

Grades: 2-4

Lesson Title: Conflict Resolution

Standards: Mental/ Social Health

Equipment: None

Description: Describe and define key terms:

Conflict

Resolution

We all have disagreements, but many of them can be solved by using peer mediation skills or working the problem out together. Take responsibility, react in a calm manor and express your feelings like that, be the first to apologize, brain storm possible solutions, find a compromise. Place students in small groups and give them a problem or conflict to solve. As a group they must act out this conflict and find a reasonable solution to it.

Objectives: By the end of class the students will be able to...

- Understand that we might have different opinions and we need to know how to express our feeling in an emotionally healthy way
- Know and brainstorm different solutions to various conflicts that may arise at home, school, or anywhere for that matter

November Lesson Plans Health

Week #3

Grades: 2-8

Lesson Title: Community Health

Standards: Social Health

Equipment: The internet

Description: Define terms Community and Health. A community is a group of people that live and work together including but not limited to a family, a neighborhood, a school, a church, a city, a state, or special interest groups. In every community we are looking to make it a healthier or better place. That is what community health is making a specific group of people better. There are many different ways to do this so for the younger grades we will brain storm different things that we could do to make it a better place on different levels of community. For older grades, I will assign a community health organization such as the Red Cross, or the American Heart Association to research using the internet and present to the class. If we have time we will present, their findings about the different organizations and what they do to promote or help their cause.

Objectives: By the end of class, the students will be able to...

- Understand what community health is and know how to help out in their local communities
- Be mindful of others and practice socially healthy behaviors

November Lesson Plans Health

Week #4

Grades: 2-8

Lesson Title: Our Community Health

Standards: Social Health

Equipment: Jump ropes

Description: As a part of our community health project, we have participated in the American Heart Association's Jump Rope for Heart event. Instead of listing all the things we could do to help others in the community, we have used learning about community health to raise awareness for a large scale problem called heart disease. Students will participate in different jump rope skills in preparation for our school community health project, the AHA's Jump Rope for Heart event. This event will actually take place during heart health awareness month (February), but learning about how to help others in a community now will prepare them more for our mission later this year.

Objectives: By the end of class, students will be able to...

- Participate in a wide variety of jump rope skills and activities
- Exercise their own heart muscles and raise awareness of activities we can do to help others
- Develop a deeper understanding of community health

November Lesson Plans Health

Week #2

Grades: 5-8

Lesson Title: Character Education

Standards: Emotional and Social Health

Equipment: Pencil and Paper

Description: Prompt Questions to write about and share:

1. Whom do you admire (possibly a role model)? List three of that person's admirable qualities
2. Describe an incident or event from which you learned a lesson "the hard way."
3. What three qualities do you want in a friend? Parent? Teacher?

The students are allowed to pick one of the three of these prompts and write about character education. The traits like perseverance, determination, friendly, accomplishes big things, etc.. They can share these prompts with a student or the class. This will prompt a discussion and we will list different traits for the different responses and come up with a definition of good character or what makes a person respected and admirable. Self-discovery lesson along with discussion.

Objectives: By the end of class, the students will be able to...

- Generate an idea of what makes up good character as a group and on their own
- Understand that actions speak louder than words when it comes to true character
- Have a deeper understanding of the impression they leave on social health.