

## P.E. Class Lesson Plan (Fall 2018)

- *Kinder ( 9 students ) Tuesdays & Thursdays -*
- *First and Second Grade (15 students) Mondays & Fridays*

<b>August</b>			Chain Activity
21:	Get to Know the Class		Cool Down
	Class Rules & Expectations	17, 18	Warm up
	Summer Activity		Start of Basketball Topic
23, 24:	Warm Up		Cool down
	Bonche Game Activity	20 , 21	Warm Up
	123 Fish		Basic Passing (basketball)
	Cool Down		Cool Down
27, 28:	Warm Up	24 , 25	Warm Up
	Racing Activity		Dribbling (basketball)
	Fitness Stations		Cool down
	Cool Down	27 , 28	Warm up
30, 31:	Warm Up		Red and Green Light (basketball)
	Snakes and Lizards Activity		Cool Down
	Parachute Activity		
	Cool Down		
		<b>October</b>	
		1, 2	Warm Up
<b>September</b>			Shooting
3 , 4:	Warm Up		Cool down
	Chain Game Activity	4 , 5	Warm Up
	Freeze Game Activity		Shooting
	Cool Down		Cool Down
6 , 7	Warm Up	8, 9	Warm Up
	Protect the Bin		Basketball Strategies
	Parachute activity		Cool Down
	Cool Down	11, 12	Warm Up
10 , 11	Warm Up		Basketball Strategies
	Chocolate River Activity		Cool Down
	Obstacle Racing Activity	15, 16	Warm Up
	Cool Down		Basketball Game
13 , 14	Warm Up		Cool Down
	Protect the Bin activity	18 , 19	Warm Up
			Basketball Game
			Cool Down

***-Third and Fourth Grade ( 9 students )***

***- Fifth - Ninth Level (15 students) Mondays & Fridays***

August			
24	Get to Know the Class Class Rules & Expectations Summer Activity	13 , 14	Warm Up Protect the Bin activity Chain Activity
27	Warm Up Importance of staying fit Basic Fitness Activity Bonche Game Activity Cool Down	17 , 18	Cool Down Warm up Start of Basketball Topic Cool down
31	Warm Up Racing Activity Fitness Stations Cool Down	20 , 21 24 , 25	Warm Up Basic Passing (basketball) Cool Down Warm Up Dribbling (basketball) Cool down
September		27 , 28	Warm up
7	Warm Up Foam Plate Activity (beach balls) Foam TAG Activity Cool Down	4 , 5	Red and Green Light (basketball) Warm Up Shooting Cool Down
10	Warm Up Flip Flop Activity Hospital Tag Activity Cool Down	8 , 9 11 , 12	Warm Up Basketball Strategies Cool Down Warm Up
14	Warm Up Protect the Bin Parachute activity Cool Down	15 , 16	Basketball Strategies Cool Down Warm Up
10 , 11	Warm Up Chocolate River Activity Obstacle Racing Activity Cool Down	18 , 19	Basketball Game Cool Down Warm Up Basketball Game Cool Down