

Lesson Plan

Teacher Mrs. Megan Lloyd	Subject Physical Education Grade: K-2.1	Lesson Week of:	Theme/Unit Flexibility and Balance (Part 2) Level:
PA State Standard(s) LO 5-K-2.2.A-Recognize and use basic movement skills and concepts. • Non-locomotor movements (e.g., bend, stretch, twist) National PE Standard(s) 1.1.BF. K-5- Moves on various surfaces on different bases of support with different body shapes. 2.2. (2-4) K-5- Performs demonstrating low, middle, and high levels. 3.2.AB. 1.3-2.3- Demonstrates competency in 3 or more age-appropriate skills in health-related fitness activities (Flexibility).			
Goals and Objectives By the end of class, the students will be able to: • Recognize the health-related fitness components: Flexibility, Fitness. • Demonstrate a variety of flexibility exercises maintaining balance on different bases of support with different body shapes. • Identify the levels of high and low.			
Warmup/Introduction: (5 minutes) Introduction: Students will enter the gym and take a seat on a chair. The teacher will greet students and tell them what they are doing today, going over the schedule. Warm-up: Stretch up and down, twist side to side repeat 15. There will be three sides of the gym that student will be moving around. Students will go through the course 3-5 times. 1. Cardio: weaves through 2. Locomotor movement - (running, walking, skipping, jumping, sliding, etc) 3. Agility: Ladders Transition: The teacher will briefly explain the stations. Assign students to stations. Then students will go to their assigned stations with the gifts.			

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