Lesson Plans: Quarter 3 Week 4

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|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| ContentObjective | No School – Winter Break | No School – Winter Break | Students will participate in the modified handball game using all 3 focus skills that were taught with 90% accuracy. | Students will participate in the modified handball game using all 3 focus skills that were taught with 90% accuracy. | I can calculate my heart rate during and after physical activity on Personal Fitness Day. |
| Standard |  |  | A.3.PE.1M.1.MS.4M.1.NG.1-2K.2.FB.1B.5.PS.1-2K.2.MS.1-3 | A.3.PE.1M.1.MS.4M.1.NG.1-2K.2.FB.1B.5.PS.1-2K.2.MS.1-3 | K.HR.06.02-.08.02K.HR.06.03-.08.03K.HR.06.06-.08.06K.HR.06.07-.08.07K.HR.06.08-08.08A.PE.06.01-08.01K.PS.06.01-08.01K.PS.06.02-08.02B.PS.06.01-08.01B.PS.06.02-08.02 |
| Language Objective |  |  | Students will be able to explain and demonstrate to a friend the three-step rule in handball.K.2.RP.1 | Students will be able to describe what part of the skill they needed to practice as discovered in their pre-test AND tell how they improved the skill.K.2.RP.1 | Students will define what target heart rate is to a partner of their choice. |
| vocabulary |  |  | Ready body position, instep, throw, handball ball, kinetic chain | Throw, penalty, goal | heart rate, target heart rate, muscular strength, muscular endurance, physical activity |
| Instruction/ activity/ stations/ |  |  | Warm up: sit-ups and leg liftsStudents will participate in a team handball game. | Warm-up: BurpeesStudents will participate in a team handball game. |  |
| Wrap-up/ closure |  |  |  Have students answer the L.O. to a person sitting next to them |  Have students answer the L.O. to the a/b partner | Heart rate checks throughout class and recorded |