

Teacher: Clark Kuhn **Subject:** Practical Living (P.E./Health/Career/Consumerism) **Week:** August 9-11th **Topic:** Rules, procedures, making friends, back to school, movement, football (throwing)
Name: Clark Kuhn **Subject:** PE **Date:** Week of 2.21.22 to 3.11.22 **PE, SEL, Career, & Health Topics:** Relays, kickball, tug o' war, information technology

<p>K-5th Lesson plans</p>	<p>Standards and "I can" Statements: K-5th Kindergarten Health: I can describe why it is harmful to tease or bully others. K.1.10. P.E: I can interact with others through physical activity. K.5.S11. 1st Health: I can explain what to do if someone is being bullied. 1.1.10. P.E.: I can recognize personal likes and dislikes while partaking with others. 1.5.S11. 2nd Health: I can explain the potential outcomes of personal health decisions. 2.5.1. P.E. I can identify the benefits of working cooperatively with others. 2.5.S11. 3rd Health: I can describe the benefits of not using tobacco and explain the dangers of using tobacco. 3.1.9. P.E.: I can explain how physical activity provides opportunity for social interaction. 3.5.S11. 4th Health: I can explain the short and long-term physical effects of being exposed to others' tobacco use. 4.1.9. P.E.: I can compare positive social interactions when engaged in a variety of physical activities. 4.5.S11. 5th Health: I can demonstrate healthy ways to manage or resolve conflict. 5.4.2. P.E. I can describe the social</p>	<p>Vocabulary: warm up, cool down, dynamic stretching, warm-up, dynamic stretching, relay, cooperation, reaction time, speed, bullying, conflict, tobacco, gratitude, empathy, information technology</p>	<p>Mini lesson: Greet students and the door and then students will walk to their assigned spot on the gym floor. Slides: I will go through the first few slides reviewing expectations, rewards, and consequences as needed. I will give the students a basic overview of the class and go over learning targets. Warm-up #1: (P.E.) Teacher will go over how to safely run laps. Students will run/jog 3 laps as a warm up. 4 laps beginning in March. Daily Warm-ups #2: Mon.: (Dynamic 3) K-5th: https://www.youtube.com/watch?v=l-w0Wvkeu00&t=2s (Part 3) Tues: (Dynamic) K-5th: https://www.youtube.com/watch?v=0Hpu9MEiBAA Wed.: (Dynamic & Static) K-2nd: https://www.youtube.com/watch?v=G1N44Dm7aJs (20:47) Wed. (Dynamic & Static) 3rd-5th: https://www.youtube.com/watch?v=CVA0suw7t-c Thurs.: (Dynamic) K-2nd: https://www.youtube.com/watch?v=HVdBIK3jVqw&t=35s Thurs. (Choice) 3rd-5th: https://www.youtube.com/watch?v=CwvEMILy8yyo Fri. (Dynamic) K-5th https://www.youtube.com/watch?v=IzXlQWbIKYs See attached for lessons, questions leveled by DOK, <u>differentiated instruction and assessment/exit slip</u>. Use of anecdotal records. Participation in activity.</p>	<p>Weekly Assessment: X Observation X Participation X Oral responses - Self-Evaluation - ORQ X Whole Class - Small Group X Individual X Product (drawing, written response) Formative and Summative Assessments X Entrance (flashback) and Exit Slips X Oral Questions <input type="checkbox"/> Student Self-Assessment</p>
<p>K-5th M & Tu: Physical Education Concepts</p> <p>Monday: Run, Mo, Run! Read Aloud: Watch (K-2) https://www.youtube.com/watch?v=ELhv8D93G_0 Monday: (Speed: Watch) (3-5) https://www.youtube.com/watch?v=b9vYIXkc5A Tuesday: Move Your Body Read Aloud (K-2)</p>				

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	benefits gained from participating in physical activity. 5.5.S11.	<p>https://www.youtube.com/watch?v=hKULGVCbwDg</p> <p>Tuesday: Reaction Time: (3-5)</p> <p>https://www.youtube.com/watch?v=tibJeCDdDSI</p> <p>See attached for lessons, questions leveled by DOK, <u>differentiated instruction and assessment/exit slip</u>. Use of anecdotal records.</p> <p><u>K-5th Wednesday: Health Concepts</u></p> <p>K (Bullying) https://ir.brainpop.com/health/besafe/bullying/</p> <p>1 (Bullying) https://ir.brainpop.com/health/besafe/bullying/</p> <p>2 (Outcome of sugar consumption) https://ir.brainpop.com/health/food/sugar/</p> <p>3 (Tobacco) https://www.brainpop.com/health/personalhealth/smoking/</p> <p>4 (Tobacco) https://www.brainpop.com/health/personalhealth/smoking/</p> <p>5 (Conflict Resolution) https://www.brainpop.com/health/personalhealth/conflictresolution/</p> <p>See attached for lessons, questions leveled by DOK, <u>differentiated instruction and assessment/exit slip</u>. Use of anecdotal records.</p> <p><u>K-5th Thursday & Friday: Career & SEL (Social Emotional Learning) Concepts</u></p> <p>Primary: Video Game Designer:</p>	
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<https://www.youtube.com/watch?v=1rE5R9fOKUE>

Intermediate: Information Technology

https://www.youtube.com/watch?v=GMfs_9wLG6l&list=PLwa

[Y7Ha3fPK1ehOYELehG16aKVZW0Oci&index=13&t=42s](https://www.youtube.com/watch?v=Y7Ha3fPK1ehOYELehG16aKVZW0Oci&index=13&t=42s)

SEL (Fri.)

Primary: (Social Awareness: Empathy)

<https://www.youtube.com/watch?v=27sho6s2eK8>

Intermediate: (Social Awareness: Gratitude)

https://www.youtube.com/watch?v=USIZBJWDR_c

See attached for lessons, questions leveled by DOK, differentiated instruction and assessment/exit slip. Use of anecdotal records.

PE Activities (K-2)

K-2nd Activity:

Monday: Locomotor 50 Yard Relay: 1. Run backwards 2. Frog Jump 3. Run Forwards (spray lines with paint) & 100 Yard Team (Pass Red Rectangle Relay), Ball on Chair Relay
Tuesday: Stations: 1. Hockey Passing 2. Scooter Relay (primary) / Basketball Shoot (intermediate) 3. Jump Ropes/Hula Hoops
Wednesday: Sack Race, Castleball, Ships & Sailors
Thursday: Tug O' War, Bean Bag Toss, Parachute Activities, Spoon Relay
Friday: Kickball

See attached for lessons, questions leveled by DOK, differentiated instruction and assessment/exit slip. Anecdotal records, observation and evaluation during station time.

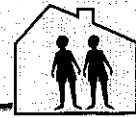
PE Activities (3-5)

3rd-5th Activity:

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			<p>Monday: Locomotor 50 Yard Relay: 1. Run backwards 2. Frog Jump 3. Run Forwards (spray lines with paint) & 100 Yard Team (Pass Red Rectangle Relay), Ball on Chair Relay Tuesday: Stations: 1. Hockey Passing 2. Scooter Relay (primary) / Basketball Shoot (intermediate) 3. Jump Ropes/Hula Hoops Wednesday: Sack Race, Workout Buddies: Thumb Wrestling, Secret Handshake, Static Stretching, Aerobic Activity, Clay and Sculptor, Talk About, Hand Reaction Time Game, Twist, Turn/Bend & Stretch, Houdini Hoops Thursday: Tug O' War, Bean Bag Toss, Wheelbarrow Race, Spoon Relay Friday: Kickball</p> <p>See attached for lessons, questions leveled by DOK, <u>differentiated instruction and assessment exit slip.</u> Anecdotal records, observation and evaluation during station time.</p> <p><u>Cool Down & Rewarding Positive Behaviors:</u> Mr. Kuhn will pass out "B Bucks" tickets. I will review all content to ensure that learning targets were met. If time permits, Students will participate in some static stretching and/or students will participate in a cool down activity by running one lap and walking one lap and then line up at the door.</p>

Special Education Modifications and 504 plans are located in the back of Mr. Kuhn's lesson plan binder.



Ready...

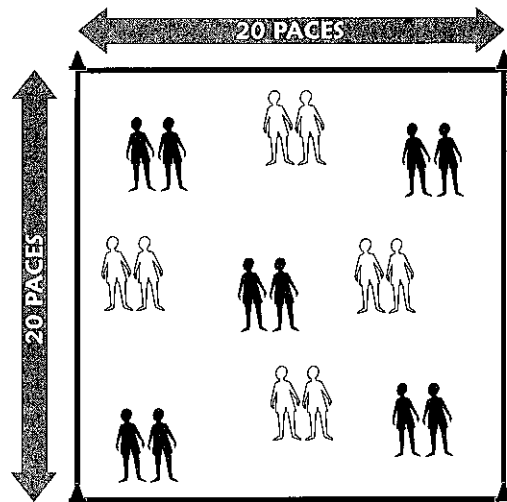
- 4 cones (for boundaries)
- *Sample Workout Buddies Activities*

Set...

- Create medium (20X20 paces) activity area.
- Pair students; scattered in area.

GO!

1. The object is to have fun and be active with different Workout Buddies during class today.
2. On signal, find a buddy. This buddy is your “_____” buddy. (*Fill in blank with activities on Sample Workout Buddies Activities*). You will do that activity with this buddy. Anytime during PE, when you hear, “Find your _____ buddy,” join them, and do that activity until the signal.
3. (*Complete 1 Workout Buddies activity.*)
4. Now, let’s find a new Workout Buddy, and do a different activity.
5. (*Complete 3-4 Workout Buddies activities during this lesson, and add others periodically throughout this unit.*)



COOPERATIVES

CHALLENGES

- ★ When I call an activity, can you find your _____ buddy and get active before I count down from 5?

CUES

- ★ Call your buddy’s name while looking.
- ★ Go to “Lost and Found” if you can’t find your buddy.
- ★ Safety first – speed second.



Thumb Wrestling	Thumb wrestle with your buddy.
Secret Handshake	Create your very own secret handshake.
Partner Stretch	Choose a stretch to do with your buddy.
Aerobic Activity	Choose an aerobic activity to do with your buddy.
Clay and Sculptor	1 buddy is the Sculptor; the other is the Clay. Sculptor molds Clay into a statue.
Bodybuilding	Do bodybuilding poses together.
Knee Tag	Face your buddy. On signal, both try to tag buddy's knee with your hand.
Toe Tag	Face your buddy, and hold their shoulders. On signal, try to tag buddy's toes with your toes.
Partner Stunt	Do a partner stunt with your buddy.
Talk About...	<i>(Choose a topic for them.)</i> Walk and talk about _____.
Add 1-4-Fun!	Ask students to work with their partners and create their own buddy activity.

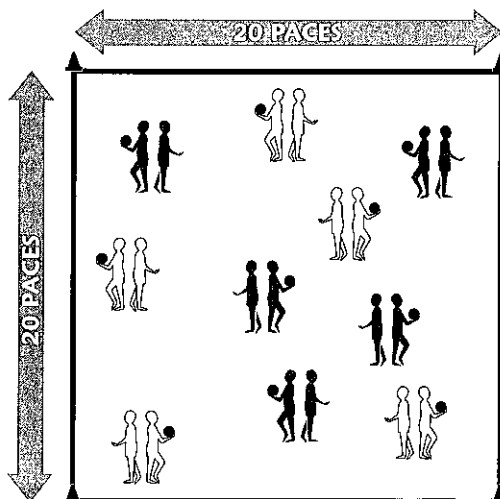


Ready...

- 4 cones (for boundaries)
- 1 ball or other small manipulative per pair

Set...

- Create medium (20X20 paces) activity area.
- Students in pairs, standing back-to-back scattered in area.
- One manipulative per pair.



GO!

1. The object is to cooperate with your partner, and pass the ball back and forth by twisting, turning, bending and stretching.
2. **Twist and Turn**
 - Feet stationary. Turn to 1 side; hand the ball (using both hands) to your partner. The partner receives ball, turns in opposite direction, and hands it back to you on the other side. The ball should “orbit” your waists.
3. **Bend and Stretch**
 - Both take 1 small step apart. The partner with the ball bends down and passes it between their legs. The other partner bends down to receive it, then stretches overhead to pass it back to partner. Continue until a signal is given.
4. If you drop the ball, pick it up and keep going.
5. When you hear “Switcheroo!” change your passing direction. (*Give signal randomly every 3-8 seconds.*)

CHALLENGES

- ★ In 30 seconds, how many times can the ball come back to the partner holding it?
- ★ Reverse direction. Can you beat your old record?
- ★ Get a new object. Can you beat your old record?

CUES

- ★ Remember to keep your feet anchored in 1 spot marker.
- ★ Twist at your waist.
- ★ Use both hands for giving and receiving.

COOPERATIVES

GRADES 3-6



Ready...

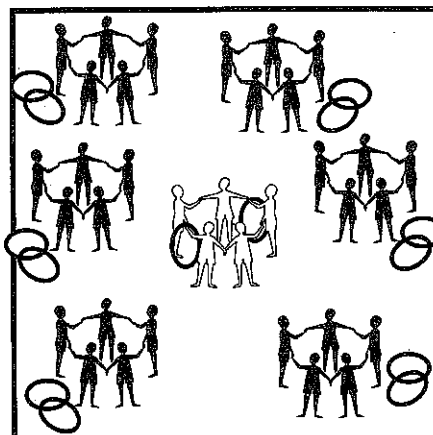
- 2 hoops per 5 students

Set...

- Create circles of 5, hands joined, scattered within boundaries.
- 2 hoops near each group.

GO!

1. The object of the game is to see how fast your group can pass a hoop around the circle without letting go of your hands.
2. I will place a hoop over 2 students' joined wrists, so it dangles like a bracelet.
3. On signal, move the hoop around your circle by stepping and ducking through it. Remember, keep your hands joined at all times.
4. Once successful, add a 2nd hoop.



CHALLENGES

- * How many times can your group move the hoop around your circle in 1 minute?
- * How quickly can your group pass your hoop around your circle 2 times?

CUES

- * Bend, twist, turn! Talk to each other and work together!
- * Try not to use your individual fingers.

COOPERATIVES

GRADES 3-6