

<p>K-5 Lesson plans</p>	<p><u>National Standards (NASPE)</u> See attached lesson plans for NASPE standards! KY Health & PE standards are written down after the "I can" statements for both P.E. and Health.</p>	<p><u>Vocabulary:</u> Tolerance, thinking skills, Jackie Robinson, T-ball, bases, runs, foul, strike, out</p>	<p><i>Health: I can explain and provide an example of showing tolerance. (K-5th) PL-P-N-U-2 & PL-4(5)-N-U-3</i> <i>Health: I can explain ways to better develop thinking skills. (K-5th) PL-4(5)-S-U-1 & PL-P-S-U-1</i> <i>P.E.: I can hit a ball off a T-stand. (K-2nd) PL-P-PS-U-1 & (3rd-5th) PL-4(5)-PS-S-4</i> <i>P.E.: I can run the bases. (K-2nd) PL-P-PS-U-1 & (3rd-5th) PL-4(5)-PS-S-4</i> <i>P.E.: I can catch a ball and throw it to the correct base. (K-2nd) PL-P-PS-U-1 & (3rd-5th) PL-4(5)-PS-S-4</i></p> <p style="text-align: center;"><u>No School on Monday: Memorial Day</u></p> <p style="text-align: center;"><u>Tuesday -Wednesday P.E. and Health Lesson Plans</u></p> <p><i><u>Warm-up:</u> (P.E./stretching & warm-up) Students will complete 4 different stations as warm-up that reinforce dynamic stretching.</i></p> <p><i><u>Mini lesson:</u> (P.E.) Students will enter gym and sit down on their signed spot on the gym floor. Teacher will review classroom rules and expectation, rewards and consequences for behavior. Review that both good and inappropriate behavior will be logged.</i></p> <p><i><u>Mini lesson (Health/Citizenship/Employability Traits):</u> Character word of the week on Power Point: Skills for Success (Thinking Skills)</i></p> <p><i><u>Mini Lesson: (Health):</u> Students will look at a slide and learn about the importance of demonstrating tolerance.</i></p> <p><i><u>Mini lesson: (KY Career Cluster):</u> I will show the students the career cluster in Government & Public Administration.</i></p> <p><i><u>Warm-up:</u> (P.E.) Teacher will log individual and class for correct type of shoes worn. Teacher will go over how to safely run laps. Students will run three laps as a warm up.</i></p> <p><i><u>Mini lesson:</u> Students in grades 3rd-5th will watch a video from brainpop.com titled "Jackie Robinson". Students in grades K-2nd grade will watch a video from jr.brainpop.com titled "Jackie Robinson (Tolerance)".</i></p> <p><i><u>P.E. Activity #1:</u> (2nd-5th) Students will practice the Field Day game Three-Legged Race. Students will be divided into pairs. An elastic band will be placed around their</i></p>	<p>Daily Assessment: <u>(Tuesday-Friday)</u> <input checked="" type="checkbox"/> Observation <input checked="" type="checkbox"/> Oral responses <input checked="" type="checkbox"/> Self-Evaluation <input checked="" type="checkbox"/> ORQ <input checked="" type="checkbox"/> Whole Class <input checked="" type="checkbox"/> Small Group <input checked="" type="checkbox"/> Individual</p> <p>Formative and Summative Assessments <input checked="" type="checkbox"/> Entrance (flashback) and Exit Slips <input checked="" type="checkbox"/> Oral Questions <input type="checkbox"/> Student Self-Assessment</p>
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legs and the students will walk together to the finish line. The first group to finish wins.

Differentiated Instruction: Struggling students will receive one on one and/or small group instruction through additional modeling the movement correctly from the teacher or from peers. Advanced students: Students will be given an opportunity to brainstorm advanced activities that they can perform at any station.

Assessments/Exit Slip: Students participated in the three-legged race relay and followed directions. DOK 2: Compare and contrast the three-legged race and the wheelbarrow race.

P.E. Activity #2: (K-5th) T-Ball (Baseball) Students will hit the ball off the batting tee. Students will run to a base after the ball is hit. The team on the outfield will try and get the ball to the base before the student gets to the base. The team with the highest number of runs wins the game.

Differentiated Instruction: Struggling students will receive one on one and/or small group instruction through additional modeling the movement correctly from the teacher or from peers. Advanced students: Students will be given an opportunity to brainstorm advanced activities that they can perform at any station.

Assessments/Exit Slip: Students participated in the T-ball and followed directions. DOK 2: Compare and contrast kickball and baseball.

Static Stretching (Cool Down) and Rewarding Student Behavior: If time permits students will walk a cool down lap prior to exiting the gym and line up at the door by playing the game "Mr. Kuhn says" and/or review critical vocabulary. Students will also receive green "adventure" tickets as needed.

- 9:30 Tuesday Graduation Walk
- 10 a.m. Tuesday (2nd Grade Awards in gym) P.E. students will play on the playground.
- 1:30 p.m. Tuesday (4th Grade Awards gym) P.E. students will play on the playground.
- 9:30 Wednesday Step Up
- 1:30 Wednesday (5th grade awards gym) P.E. students will play on the playground.

Daily	<input checked="" type="checkbox"/>
Assessment:	<input checked="" type="checkbox"/>
(Tuesday- Friday)	<input checked="" type="checkbox"/>
Observation	<input checked="" type="checkbox"/>
Oral	<input checked="" type="checkbox"/>
responses	<input checked="" type="checkbox"/>
Self-Evaluation	<input type="checkbox"/>
ORQ	<input checked="" type="checkbox"/>
Whole Class	<input checked="" type="checkbox"/>
Small Group	<input checked="" type="checkbox"/>
Individual	<input checked="" type="checkbox"/>

Teacher: Clark Kuhn

Subject: PE & Health

Week: May 28-30, 2019

Topics: Tolerance, Thinking Skills, Jackie Robinson, T-Ball, Field Day

Thursday, May 30th Field Day (See attached Lesson Plan for List of Events and Times)!

Formative and Summative Assessments

X Entrance (flashback) and Exit Slips

X Oral Questions

Student Self-Assessment

Teacher: Clark Kuhn Subject: PE & Health Week: May 28-30, 2019 Topics: Tolerance, Thinking Skills, Jackie Robinson, T-Ball, Field Day

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Teacher: Clark Kuhn **Subject:** PE & Health **Week:** May 28-30, 2019 **Topics:** Tolerance, Thinking Skills, Jackie Robinson, T-Ball, Field Day

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

1. Outrageous Relay Zone (K-5th)

Marshmallow & Spoon Relay (K-5th) Divide students up into 4 or 5 teams. Give the first student in each line a plastic spoon with a marshmallow on it and have the student's race to the finish line without dropping the marshmallow. Once crossing the finish line, students place the spoon and marshmallow in their hands, run back to their team and hand off the spoon and the marshmallow to their next teammate in line. **Materials needed:** jumbo marshmallows, plastic spoons, painted start and finish line, orange cones

Balloon Pop Relay (K-5th) Divide students up into 4 or 5 teams. Give the first student in the line a balloon. Students will race down their lane and will sit down on the balloon while sitting in a chair. The balloon must pop before they race back to their teammates and the next teammate in line will run with the balloon and go sit on the balloon in the chair. **Materials needed:** plastic garbage bags with inflated balloons, 5 chairs, lines will be sprayed for start and finish, orange cones

Dress up Relay (K-5th) Divide students into 4 or 5 teams. Each team stands one behind another in a straight line. Choose one person from each team to stand at the opposite end of the outside play area. On your go, students will take turns running to the end of the line to put one piece of silly clothing on their classmate. By silly, I mean a wig, clown shoes, dad's shirt and etc. The team who has their classmate completely dressed and are all standing back in line wins! **Materials needed:** dress up clothes, lines will be sprayed for start and finish, orange cones

2. Radical Racing Zone

Sack Race (K-5th) Divide the class into 4 or 5 equal groups. Line up the students at the starting line. The first student in each row steps inside the sack. Students will hop down their lane in the sack until they cross the finish line. Once they reach the finish line, they step out of the sack, run while carrying the sack, and pass the sack to the next person in line. Please remind students prior to race to hop and not scuffle their feet. Please remind students to hand the sack to their teammate and not "throw" it at them. After the student races they must sit down. Repeat until all students have raced and a winning team has been determined. **Materials needed:** sacks, lines will be sprayed for start and finish, orange cones

50 Yard Dash (K-5th) Start and finish lines will be marked in the grass. Divide the class into 4 groups. Two groups of boys and two groups of girls. Have each of the four groups run separately. After four races have been run, have the two fastest boys and the two fastest girls run in a fifth and final race to determine the overall winners. **Materials needed:** clip board, pencil or pen, lines will be sprayed for start and finish, orange cones

2a. Parachute game: Popcorn (K-2nd only) Toss multiple small rubber balls on the fabric while held taut, see how long your team can keep them popping! **Materials needed:** large and small parachute, small objects to bounce

2b. Wheelbarrow Race (3rd-5th only) Boys will partner up with boys and girls will partner up with girls. One child holds on the other child's ankles while the other child uses their extended arms to walk their arms to the finish line. The "wheelbarrow" cannot crawl or be dragged across the finish line. Fastest pair of students to cross the finish line are the winners. **Materials needed:** lines will be sprayed for start and finish

3. Terrific Teambuilding Zone

Tug O' War (K-5th) Five or six member teams. Do your best to divide up teams as equally as possible by size. Do your best to make sure to that an equal amount of boys and girls are on each side. Each team pulls until the rag in the middle of the rope is past the line on one team's side. Students may not use cleats or gloves in Tug O' War. **Materials needed:** two lines will be sprayed for each teams side

Kickball (K-5th) Same rules as baseball apply. All bases are numbered. The difference is the pitcher rolls a soccer/foam ball to the hitter/kicker. Kindergarten and 1st grade students may play "Duck, Duck, Goose" instead of kickball. **Materials needed:** kickball, numbered bases

Soccer (K-5th) Classroom teacher will supervise students as two groups of 5 students play a game of soccer. **Materials needed:** tub of soccer balls, 2 nets, 4 orange cones

4. Spectacular Splash Park Zone

4. Splash park (K-5th) Teachers will supervise their own students in this area.

5. Wild Water, Relay, & "Egg"cellent Zone

Water Relay (K-5th) Divide the class into 4 equal teams. The students will then pick up plastic cups that has small holes poked in the sides. They will then dip the cup in the water bucket and fill it with water. Students MUST then carry the cup of water over their head towards the empty bucket. When they reach the other bucket, they must empty their cup into their teams bucket. The first team to fill their bucket to the top with water wins. **Materials needed: 8 plastic buckets, cups with poked holes, sprayed starting and finish lines, spray nozzle for hose, hose hooked up to a water source (Mr. Westray)**

Egg Toss (K-5th) Teacher will pair up students. Each pair of students will receive an egg. Students will stand a few feet apart from their partner. The entire group tosses their egg to their partner. If the egg is caught without getting broken both partners, take one large step backwards. Repeat until you get a winner. **Materials needed: raw eggs**

100 Yard Relay (K-5th) Each class will be divided into 4 to 6 teams. The teams will be divided into two groups. The groups will form two lines facing each other. The first member of each team on one side will be handed a red object to pass. On signal, they run to the other side and give the red object to the first team member on the other side. The students that just ran will then sit down at the back of their lines. Students will continue to pass the red object until each team member has run once and sat down. The team that finishes first is the winner. **Materials needed: sprayed starting and finish lines, red rectangles to pass**

6. Gymnasium Jamboree Zone:

Basketball Free Throws (3-5th) All the boys will form a line and will shoot alongside a line of girls. Each student gets 5 shots from the foul line only. Students or an adult volunteer will record how many baskets they made on a class clipboard. **Materials needed: 2 basketballs, clipboard, paper, pencil/pen**

Dance Party Station (K-5th) Students will dance along with "Just Dance for Kids" videos or a list of songs with appropriate lyrics. **Materials needed: laptop, list of songs with appropriate lyrics that can be typed in on youtube.com. Gonoodle.com is another website that has dance songs**

Jump Rope/Hula Hoop Station (K-5th) Students will jump rope/long rope jump or hula hoop along with the dance party music. **Materials needed: jump ropes, long ropes and hula hoops**

7. Playground Excitement Zone

Playground Activities: (3rd-5th) Students will play on the playground. Warn students to keep footballs, and soccer balls away from tall grass, wooded areas, and the roof of the school. **Materials needed: footballs, long jump ropes, soccer balls, and etc**

8. Lunch (students only) at LI Cafeteria

Cafeteria: All classes will follow your regular lunch schedules! Parents CAN NOT eat in the cafeteria with their child. The cafeteria orders food and will only have enough food ordered to feed LES students and NOT parents or volunteers.

Items to be printed and readily available to staff and volunteers in office:

- Accident reports
- Map with location of Field Day events and activities
- Two water containers, ice, water and disposable cups
- Print signs for Field Day activities
- Staff and volunteer responsibilities
- Print signs for Field Day activities
- Activity names and game descriptions of how to play Field Day events
- Tent for cool down and water area
- Field Day activities and activity schedule & Kona Ice Schedule

Rutledge's 2/3 split will travel with the 3rd grade team!
 The Kona Ice Schedule will be sent by Mr. Weihe. If your Kona Ice time interferes with your
 Field Day event, I am sorry. It is near impossible to schedule both without conflict.
 Please follow the regular lunch schedule!

Field Day	Thursday	30-May-19			
Field Day 2019	9:25-10:10	10:10-10:50	10:50-11:40	11:40-12:35	
AM Lunch	XX	XX	3rd, K, 1st, 2/3	2nd, 4th, 5th	
AM Playground	XX	4th	2nd	K	
AM Relays	K	2nd	XX	1st	
AM Racing	1st	3rd	5th	XX	
AM Teamwork	5th	K	4th	XX	
AM Spash Park	3rd	1st	XX	XX	
AM Egg & Relays	2nd	5th	XX	XX	
AM Gym	4th	XX	XX	3rd	
Field Day 2018	12:35-1:10	1:10-1:55	1:55-2:40	2:40-3:25	
PM Lunch	XX	XX	XX	XX	
PM Playground	1st	3rd	5th	XX	
PM Relays	3rd	5th	XX	4th	
PM Racing	4th	XX	K	2nd	
PM Teamwork	XX	1st	2nd	3rd	
PM Spash Park	2nd	K	4th	5th	
PM Egg & Relays	K	4th	3rd	1st	
PM Gym	5th	2nd	1st	K	