

<p>K-5 Lesson plans</p>	<p>KDOE: Practical Living (P.E.): Academic Standards 2.34: P.E.: Students perform physical movement's skills effectively in a variety of settings.</p> <p>KDOE: Practical Living (Health): Academic Expectations: 4.1: Students effectively use interpersonal skills. (K-5th)</p> <p>KDOE: Practical Living: Academic Expectations: (Health) 5.4: Students use decision-making process to make informed decisions among options. (K-5th)</p> <p>KDOE: Vocational Studies (Career Studies): Academic Expectations: 2.36: Students use strategies for choosing and preparing for a career.</p> <p>KDOE: Practical Living (Health): 2.32: Students demonstrate strategies for becoming and remaining mentally and emotionally healthy. (K-2nd)</p> <p>National Standards (NASPE) See attached lesson plans for NASPE standards!</p>	<p>Vocabulary: Stretching Dynamic Static Self-control, over, under, around, through Fitness, exercise, agriculture</p>	<p>Learning Targets (relate all targets to real life): P.E.: I can perform physical movement skills correctly. (K-5th) Career: I can understand and demonstrate self-control. (K-5th) Health: I can give examples of different types of exercise (K-2nd). Health: I can give reasons why daily exercise / fitness is important (3rd-5th). P.E.: I can punt a football. (3rd-5th) P.E.: I can throw a ball at a target. (3rd-5th) P.E.: I can move different ways around or through a hula-hoop. (K-2nd) P.E.: I can perform various locomotor movements. (K-2nd)</p> <p>Tuesday-Thursday P.E. and Health Lesson Plans</p> <p>Mini lesson: (P.E.) Students will enter gym and sit down on the white circle. Teacher will review classroom rules and expectation, rewards and consequences for behavior. Review that both good and inappropriate behavior will be logged. If time permits, students will hear the joke of the day!</p> <p>Warm-up: (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.</p> <p>Mini lesson (Health/Citizenship/Employability Traits): Character word of the week on PowerPoint: self-control</p> <p>Mini Lesson: (Health): See PowerPoint: The importance of daily exercise.</p> <p>Mini lesson: (KY Career Cluster): See PowerPoint about a career related to agriculture</p> <p>Warm-up: (P.E./stretching & warm-up) Mr. Kuhn will get into their personal space. All students will learn about "dynamic" stretching before a workout and will complete one upper body and one lower body stretch. (K-3rd) Students will watch a video from Adventure to Fitness, if time permits.</p> <p>P.E. Activity #1: (K-2nd) pg. 17 & Movement Concepts Using Hoops (Building a Foundation) pg. 21 & Musical Hoops, pg. 22 (Building a Foundation)</p> <p>Differentiated Instruction: Struggling students will receive one on one and /or small group instruction through additional modeling the movement correctly</p>	<p>Daily Assessment: X Observation X Oral responses <input type="checkbox"/> Self-Evaluation <input type="checkbox"/> ORQ X Whole Class X Small Group X Individual</p> <p>Formative and Summative Assessments X Entrance (flashback) and Exit Slips X Oral Questions <input type="checkbox"/> Student Self-Assessment</p>
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from the teacher or from peers. Advanced students: See challenges throughout the attached lesson.

Assessments/Exit Slip: See Wrap It Up under attached lesson plan.

P.E. Activity #2: (3rd-5th) Punting Drills (Football, pg. 15 & Ball Carrying Drills (Football, pg. 9) RPS (Rock, Paper, Scissor) Showdown

For RPS Showdown, students will meet at the line together and play RPS. The winner will pick up the ball and roll the ball. The student losing will run and try and touch the wall before the other student hits them with the ball. (PE with Mr. G)

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: See challenges throughout the attached lesson.

Assessment/Exit Slip: Make sure students performed the activity correctly, see "Tony's Tips" in attached lesson plan. Students correctly punted a football. Evidence in anecdotal records. DOK 2: Compare and contrast punting a football with kicking a ball.

Mini lesson: Students in grades K-2nd will watch a video from jrbrainpop.com titled "exercise". 3rd-5th grade students will watch a video from brainpop.com titled "exercise".

Cool down and Rewarding Positive Behaviors: Mr. Kuhn will pass out green tickets and/or white clip up tickets. Students will participate in a cool down activity by running one lap followed by walking one lap, and line up at the door by playing the game "Mr. Kuhn says" or will review key vocabulary from the lesson.

<p>KDOE: Practical Living (P.E.): Academic Standards 2.34: P.E.: Students perform physical movement's skills effectively in a variety of settings. National Standards (NASPE) See attached lesson plans for NASPE standards!</p>		<p>Date: Friday, August 31, 2018</p> <p>Topics: Tag, flee, Rock, Paper, Scissors, Hopping, Throwing at a target</p> <p>Vocabulary: tag, flee, hop</p> <p>I can statements: I can tag or run away from a peer that is chasing me. (2-5th) I can hop between hula hoops. (2nd-5th) I can throw a ball at a target. (K-1)</p> <p>Large group instruction: Students will sit on the floor and will spend a few minutes reviewing concepts learned earlier this week in PE.</p> <p>Warm-up: Students will run 3 laps and will dance along with one or two Just Dance songs on the Activboard.</p> <p>P.E. Activity #1 & 2 Color Tag (Games, pg. 5) & Flexibility (Building a Foundation, pg. 47) See attached lesson plan. (K-2nd)</p> <p>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 perform various "Challenges" listed throughout the attached lesson.</p> <p>Assessments/Exit Slip: Students will complete the Wrap It Up assessment at the end of the attached lesson. DOK 2: Compare and contrast the traditional game of tag with color tag.</p> <hr/> <p>P.E. Activity #1 Hoop Hop Showdown (2nd-5th)</p> <p>A video of 4th graders playing a game called Hoop Hop Showdown has gone viral in recent days amassing over 13 million views.</p> <p>How to Play: Set up a game board using multiple hula hoops. This should zig zag across your meeting space.</p>	
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Split your group into two teams - with teams at either ends of the hula hoop playing board lined up one behind another.

Upon verbal command, the first member of each team hop from hula hoop to hula hoop until they meet somewhere on the game board.

They play a round of rock paper scissors until someone wins. The winner keeps advancing on the game board and the loser goes to the back of their team line. Meanwhile the second player in the losing team becomes active and hops onto to the hula hoop play area until they meet the first player from the other team where to play another round of rock, paper, scissors.

The aim of the game is to reach the last hoop on the game board which scores your team one point. The game can be played for a certain period of time and the team with the most points is the winner.

P.E. Activity #2: Zombie Tag (2nd-5th) One student will be "it" (an infected zombie) and will be trying to tag (infect) other students. Students are permitted to run on the lines only. The infected zombies become "it" and must then crawl to tag (infect) other students.

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 perform various "Challenges" listed throughout the attached lesson.

Assessments/Exit Slip: Students correctly played hopped and played Rock, Paper, Scissors Correctly. DOK 2: Compare and contrast tradition Rock, Paper, Scissors and Hoop Hop Snowdown.

P.E. Activity #1: Aliens versus Astronauts (K-1st): One team (Aliens) will throw balls (missiles) at cones (planets). The astronauts will defend the cones (planets) by catching the ball and throwing it back to the aliens or will reset the cones by standing them back up. Roles will switch every 5 minutes.

P. E. Activity #2: Hungry Monsters: (K-1st): Eight students will sit in a hula hoop (cage) and will try and catch the ball (pizza). Students will be divided into two groups and will throw the ball to the monsters so they can catch and then "eat the pizza".

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 brainstorm a variation of a way to play these games differently.

Assessments/Exit Slip: Students correctly threw the ball with correct form.
DOK 2: Compare and contrast Aliens vs. Astronauts and Hungry Monsters.

****Emergency Drills:** Open the door on the rolling cart.
On the top shelf is a first aid kit. Please take the emergency kit with you during any drill.

- Drills:**
- **Fire drills: exit following the emergency exit plan & close doors (prevents spread of flames)
 - **Earthquake drills: doors open (you would be tripped if door is stuck), everyone gets under/tables including teachers
 - **Lockdown drills: Call phone tree, turn off lights, lock door, cover door window, put students in safe corner out of sight, and take roll.
 - **Tornado drills: File into the hallway, head covered...this will take some maneuvering with class sizes that have changed.
 - **Evacuation drills: We will exit the building from either the playground area or funnel up by the water park. Typical evacuation will be via the playground for nearly every class.
 - **Emergency kits MUST go with the class on ALL drills. This includes the red/green +/- cards and the first aid kits.

Notes and Anecdotal records:

Teacher: Clark Kuhn Subject: PE & Health Date: August 27, 2018 Topics: Punt a football, throwing a ball, locomotor movements, purpose of exercise/fitness

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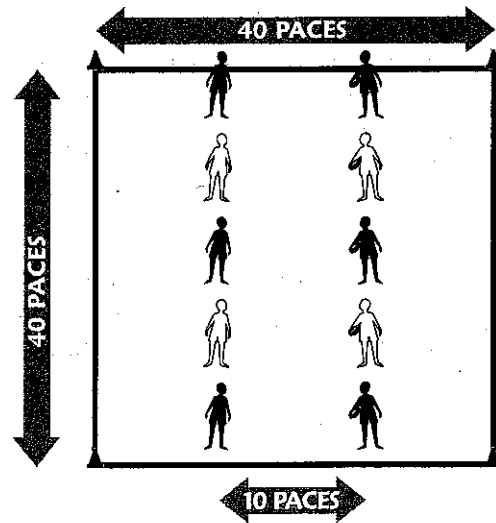
Special Education Modifications and 504 plans are located in the back of Mr. Kuhn's lesson plan binder.

Ready...

- 1 ball per pair
- 4 cones (for boundaries)

Set...

- Create large (40X40 paces) activity area.
- Pair students in partner face-off formation (10 paces apart) toward midline of area; 1 ball per pair.



GO!

1. The object is to learn and practice the football punt.
2. *(Teach and demonstrate the punt.)*
 - In football, when you have not moved the ball at least 10 yards in 3 tries (downs), you have 1 last chance to either reach that "1st down" marker, or punt the ball sending it downfield, where the other team takes over on offense. A punt is a kick in which somebody drops a ball, and kicks it before it hits the ground.
 - *(Teach punting technique.)*
 - Stand with feet together, ball held with both hands waist high. Hold the pointed ends of the football at an angle so that when you drop it, you won't kick the pointed end.
 - As you step forward with your non-kicking foot, drop the ball out in front of you, and swing your kicking foot to meet the ball before it touches the ground.
 - Watch your pointed foot connect with the flat side of the ball.
 - *(Allow pairs to practice the punt back and forth from 15-20 paces apart. Partner A punts, Partner B catches, then punts back to Partner A. Continue for several minutes.)*

CHALLENGES

- ★ Can you punt the ball so it reaches your partner before it bounces?
- ★ How many punts can you and your partner make in 1 minute?

CUES

- ★ Drop the ball, don't throw it up.
- ★ Point your kicking toe.
- ★ Watch your foot connect with the ball.

★ Step Back

Begin close to your partner. Each time a punt is caught, the receiver takes 1 step back. Work your way farther from your partner.

★ Punt Run Back

(Need 1 flag per student.) Begin 20 paces from your partner. Punt the ball to your partner, then try to pull their flag once they have control of the ball. Punt Receivers, try to run the ball past your partner. Switch roles after each punt.



HOME

The current record in the NFL for the longest punt is 98 yards by Steve O'Neal on September 21, 1969. Grab a football, and go to your local junior high or high school football field. Start at 1 goal line – 98 yards is just 2 yards shy of the other goal line. Punt the ball, and run to where it stops. Punt again from that point. How many punts does it take you to cover the distance of O'Neal's record?

STANDARDS ADDRESSED

NASPE

#1, 2 Punting, receiving

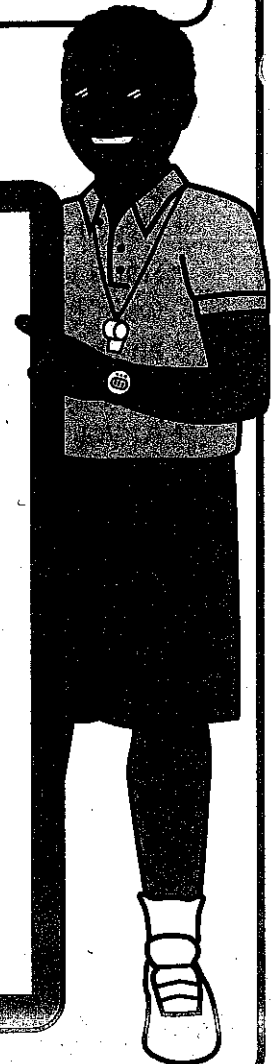
#5, 6 Cooperation

Your State (Write in here)

TONY'S TIPS

- Rotate partners often.
- Use foam footballs to increase safety.

NOTES



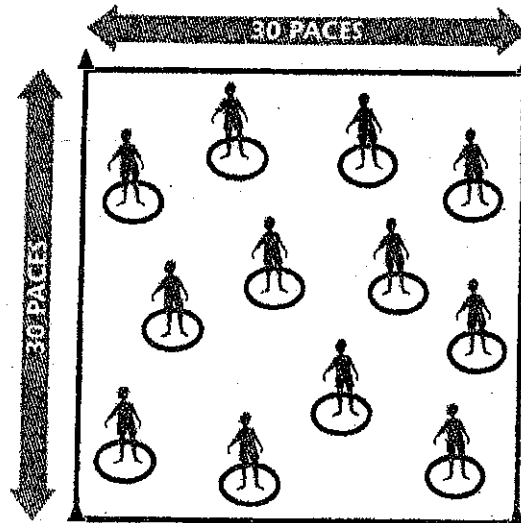


Ready

- 1 hoop per student
- 4 cones (for boundaries)
- Music and player

Set

- Create large (30X30 paces) activity area.
- Scatter hoops within boundaries.
- Send each student to stand in 1 hoop.



**BUILDING A
FOUNDATION**

GO!

1. Home Base Review

- Today, the hoop is your home base. We will move over, under, around and through our hoops in many ways.
- Leave your hoop on the floor unless I instruct you to pick it up or move it.

2. Challenges – Can you...

- Balance on 1 foot inside your hoop? The other foot? Try it with your eyes closed! Balance on 1 foot with your eyes closed for 10 seconds?
- Jump (on 2 feet) up and down 3X?
- Jump forward out of your hoop? Jump back in?
- Jump sideways out of your hoop and back in?
- Jump out the other side and back in?
- Jump backwards out of your hoop and back in?
- Jump in and out of your hoop 3 times?
- Do it again going in a different direction on each jump?
- Jump out very far? Land softly with knees bent.
- How many times can you jump in and out of your hoop in 15 seconds?
- Hop (on 1 foot) around the outside of your hoop? Switch feet, hop in the other direction?
- How quickly can you hop around your hoop on 1 foot? Switch feet and change direction.
- Leap gracefully over your hoop at a high level? Practice until the signal.
- Gallop around the outside of your hoop at a medium level? Gallop in the other direction at a high level.

MOVEMENT CONCEPTS USING HOOPS

GO! (continued)

- Change feet and gallop to a different hoop, then return to your home base?
- Side-slide around someone else's hoop and return to your home base?
- Side-slide leading with a different foot around 2 hoops and return to home base?
- Skip quickly around your hoop 3 times?
- Skip in a curved pathway around 3 hoops and return to home base?
- Move through your hoop from side to side?
- Hold it up and move under and through?
- Hold it low and step over and through it?
- Balance on your hands and feet over your hoop and hold. This is called a "4-point bridge."

3. Musical Hoops

- This game is called *Musical Hoops*. When the music starts, leave your home base (hoop) and side-slide (or walk, skip, etc.) within our area. Don't step on or in a hoop.
- When the music stops, find a hoop to stand in. (Play several rounds.)
- Next round, I am going to remove several hoops. What do you suppose will happen? (They will share hoops with others.)

(Play until students are squeezed into the fewest number hoops safety allows.)

4. Wrap It Up

- How did you share when you played *Musical Hoops*?
- When you were in your hoops and posing, it looked like a creative dance. Has anyone ever been to a dance recital or a play where people were dancing?
- Let's review our key words and phrases from today while we stretch.