

**Teacher:** Clark Kuhn **Subject:** PL/CS **Date:** Week of 11.10.16 (Thursday & Friday)

**(1b) FRIDAY PL/CS Lesson Plan:**

**Topics:** fire safety, cancer prevention, ships and sailors, castle ball, dance

**KDOE: Practical Living (P.E.): Academic Standards 2.34:** P.E.: Students perform physical movement's skills effectively in a variety of settings.

**KDOE: Practical Living (Health/Safety): Academic Standards 5.12:** Students use skills such as analyzing, prioritizing, categorizing, evaluating and comparing to solve a variety of problems in real-life situations.

**KDOE: Practical Living (Health): Academic Standards 3.2:** Students demonstrate the ability to maintain a healthy lifestyle.

**Vocabulary:** cancer, smoke alarm, captain, sailors, offense, defense

**Health:** I can give examples of what to do in a fire. (K-2nd) I can describe what cancer is and ways we can prevent cancer. (3<sup>rd</sup>-5<sup>th</sup>)

**P.E.:** I can throw a ball towards a target and knock the target down. I can defend a target and keep it from getting knocked down. (K-5<sup>th</sup>)

**P.E.:** I can perform various locomotor skills by listening and following directions. (K-5<sup>th</sup>)

**Friday only: Mini lesson:** (P.E.) Check attendance and check to see if students are wearing the correct type of shoes.

**Friday only: Warm-up:** Students will run two warm up laps.

**Friday only: Mini lesson (Spiral Review):** Review with students the career cluster of the week. Review the healthy and unhealthy food of the week. Review the consumerism vocabulary and character/employability skills word of the week.

**Friday only: P.E. Warm-up Activity:** Students will dance to a Just Dance for Kids song on youtube.com (K-5<sup>th</sup>)

**Friday only: P.E. Activity #1:** Primary (K-5th): Castleball is played like "Dodgeball" except instead of the students throwing the ball at students, they try to knock down the team hula hoop castles. Each team will have 2 castles made from hula hoops.

**Friday only: 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: They will come up with their own variations of the game by adding their own ideas for gameplay.

**Friday only: Assessments/Exit Slip:** DOK 1: Give an example of one strategy that you used during the game of castleball. DOK 2: Compare and contrast castleball and dodgeball.

**Friday only: P.E. Activity #2:** Primary (K-5th): Ships and Sailors: Students will be given different commands from the captain (teacher) and will have to quickly obey each command by acting out a physical command. The students that obey the command quickly get to stay in the game. Students that are eliminated from the game are given physical activities to act out (Jumping jacks, push-up, and etc.).

**Friday only: 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: They will come up with their own variations of the game by adding their own ideas for gameplay.

**Friday only: Assessments/Exit Slip:** DOK 1: What strategies did you use in order to stay in the game? DOK 2: Compare and contrast the game Ships and Sailors and Simon Says.

**Static Stretching (Cool Down) and Rewarding Student Behavior:** Students will review the difference between static and dynamic stretching and when each type of exercise is beneficial. Students will go over numerous stretches presented on the Powerpoint. 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 and/or white clip up tickets as needed.

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\*\*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.

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**Drills:**

\*\*Fire drills: exit following the emergency exit plan & close doors (prevents spread of flames)

\*\*Earthquake drills: doors open (you would be trapped 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.

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**Notes and Anecdotal records:**