

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: Date: Week of 8.9 to 9.1.23 PE, SEL, Career, & Health Topics: Locomotor, non-locomotor, football, relationships, medicine, alcohol, human resources

<p>K-5th Lesson plans</p> <p>Relationship Skills & (K-2nd) Using Medicine K.1.1 & 1.1.1 & 2.1.1</p> <p>Relationship Skills & (3rd) Medicine 3.1.1 & (4th) Alcohol 4.1.1 & (5th) Alcohol 5.1.1</p>	<p><u>Standards and "I can" statements: K-5th</u></p> <p>Kindergarten Health: I can identify family and school rules about the use of medicines. K.1.3. P.E: I can explore a variety of locomotor movements, traveling in different directions. K.1.L1</p> <p>1st Health: I can explain the harmful effects of medicines when used incorrectly. 1.1.1. P.E.: I can perform a variety of locomotor movements using different body parts. 1.1.L1</p> <p>2nd Health: I can describe how to use medicine correctly 2.1.1. P.E. I can perform a variety of locomotor movements traveling in different directions, at different speeds and in different pathways. 2.1.L1</p> <p>3rd Health: I can explain the potential risks associated with inappropriate use and abuse of prescription medicines. 3.1.1. P.E.: I can perform, alone and with others, a variety of locomotor movements at different levels, and in different pathways and directions, with and without equipment. 3.1.L1</p> <p>4th Health: I can identify family and school rules about alcohol use. 4.1.1. P.E.: I can perform</p>	<p><u>Vocabulary:</u></p> <p>expectations, rules, rewards, consequences safety, warm up, cool down, dynamic stretching, warm-up, dynamic stretching, P.E., Health, Career, SEL, relationship skills, medicine alcohol, locomotor, non-locomotor human resources</p>	<p>Mini lesson: Greet students and the door and assign students to a spot on the floor alphabetically. Slides: I will go through the first few slides introducing myself and going over behavior expectations, rewards, and consequences.</p> <p>Warm-up #1: (P.E.) Teacher will go over how to safely run laps. Students will walk a lap and then run a lap as a warm up.</p> <p>Mini lesson: Slides: Monday & Tuesday: What is P.E?</p> <p>Monday (K-2) (Exercise) https://www.youtube.com/watch?v=wJhfIxxzO3g (60 minutes per day)</p> <p>Monday (3-5) (Football) https://www.youtube.com/watch?v=qG6sgbjlLqc</p> <p>Tuesday: (K-2) Physical & Health Literacy https://www.youtube.com/watch?v=_okRtLv-7Sk</p> <p>Tuesday: (3-5) (COF) (Agility) https://www.youtube.com/watch?v=L4LSHQODF9E</p> <hr/> <p>Daily Warm-ups #2: (W, TH, F) (Primary) https://www.youtube.com/watch?v=LFfVBtfnmks</p> <p>(W, Th, F) Intermediate https://www.youtube.com/watch?v=WxlgHPhR21w (or) https://www.youtube.com/watch?v=InWdtiU4aFU</p> <p>Monday: Primary: https://www.youtube.com/watch?v=EAkjuFrM394 Intermediate: https://www.youtube.com/watch?v=2e0jtgcA44M Tues: Primary:</p>	<p><u>Weekly Assessment:</u></p> <p>X Observation X Participation X Oral responses -- Self-Evaluation -- ORQ X Whole Class -- Small Group X- Individual X Product (drawing, written response)</p> <p><u>Formative and Summative Assessments</u></p> <p>-- Entrance (flashback) and Exit Slips</p> <p>X Oral Questions</p> <p><input type="checkbox"/> Student Self-Assessment</p>
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different combinations of locomotor movements with and without equipment, alone and with others, moving at different speeds and levels, using different pathways and traveling in different directions. 4.1.L1

5th Health: I can identify short and long-term effects of alcohol use. 5.1.1. P.E.: I can explore different combinations of locomotor movements with and without equipment, alone and with others, moving at different speeds and levels using different pathways in game-like situations. 5.1.L1

<https://www.youtube.com/watch?v=AKP7Ask529Q>

Intermediate:

<https://www.youtube.com/watch?v=iCcCIK7lkxg>

Wed: Dynamic Stretching:

<https://www.youtube.com/watch?v=DGXkg03Vljk>

Thurs. Dynamic Stretching:

<https://www.youtube.com/watch?v=gwecg500AZLs>

Fri. Dynamic Stretching:

<https://www.youtube.com/watch?v=KnF12nKwPQI>

K-3rd Wednesday: Medicine:

<https://www.youtube.com/watch?v=tJWvqfJW1v0&t=23s>

4th-5th Wednesday: Alcohol:

<https://www.youtube.com/watch?v=eNAo3Qy7z3s>

Career (Thursday)

Primary: (Human Services) Hair Stylist

<https://www.youtube.com/watch?v=0tzm4wLnZNA>

Intermediate: (Human Services)

https://www.youtube.com/watch?v=LPtyZ2ipQBM&list=PLwaY7Ha3fP_K1ehOYELehG16aKVZWo0cj&index=11

SEL (Fri.)

Primary: (Relationship Skills) Making a Friend

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<https://www.youtube.com/watch?v=flk3DlqS4ts>
Intermediate: (Healthy & Unhealthy Friendships)
<https://www.youtube.com/watch?v=bNzFPPMnF1Y>

Primary K-2nd Activity:

Wed - Friday: Orientation & Personal Space, pg 1-4 (Spark)

Monday: General Space & Creative Moves, Pool Noodle Dance Tag (running)

Tuesday: Locomotor Skills, Levels, and Directions & Pathways & Creative Moves, repeat creative moves from Monday. Pool Noodle Dance Tag (running) Play the Floor is Lava using different locomotor movements.

Wednesday: Tempo and Creative Move #2 & Movement Concepts Using Hoops

Thursday: Body Management and Balance & Pairing and Moving Together

Friday: Grouping and Making Bridges & Grouping and Moving Together &

Chasing and Fleeing (If time permits)

See attached for lesson, **differentiated instruction and assessment/exit slip.**

Intermediate 3rd-5th Activity:

Wed - Fri: Passing and Receiving Drills & Designated Drivers. See attached for lesson, differentiated instruction and assessment/exit slip.

Monday: #4 Football Throw/Catch Relay with 3 different colored hula hoops for points! https://www.youtube.com/watch?v=AjDKYyIHF_8 Toss and catch a football with a partner.

Tuesday: Ball Carrying Drills/Handoff & Throwing a football in relay using 3 Hula hoops for points.

Wednesday: Flag Pulling Drills, try to get a touchdown against partner & #3 Hula Hoop Touchdown (receiver catches three passes in three different hula hoops for a touchdown).

Thursday: Punting Drills & #2 Football Tag (3 QB & 3 Taggers with pool noodles) QB throw football to receivers that are frozen. If a receiver gets tagged, hold both hands up in the air and wait to receive a pass. The receiver is unfrozen if they catch a pass and they become the QB. Video: How to Punt a Football:

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

Friday: 3 station football review (1. Passing & Catching 2. Pulling a Flag 3.

Punting). #1 Touchdown Tag (groups of 3) One QB, one tagger with pool noodle, one receiver that must catch the football and try to earn a TD without getting tagged by the pool noodle.

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			<p>See attached for lesson, <u>differentiated instruction and assessment/exit slip</u>.</p> <hr/> <p><u>Cool Down & Rewarding Positive Behaviors:</u> I will review all content to ensure that learning targets were met. If time permits, students will participate in a cool down activity by running one lap and walking one lap and then line up at the door.</p> <hr/> <p>Short Week (week 1: W-F only)</p> <p>Daily Warm-ups #2: (W, TH, F) (Primary) https://www.youtube.com/watch?v=LFfVBtfnmks</p> <p>(W, Th, F) Intermediate https://www.youtube.com/watch?v=WxlGHPHr21w (or) https://www.youtube.com/watch?v=InWdtiU4aFU</p> <p>SEL (Wed-Fri.) X Primary: Friends https://www.youtube.com/watch?v=AOW9Wdk5Eqs</p> <p>SEL (Wed-Fri.) Only X Intermediate: (Back To School) https://www.brainpop.com/health/backtoschool/backtoschool/movie</p>	
			<p>Wednesday-Friday (intermediate)</p> <p>Game for grades 3-5: Noodle Dance Tag</p> <p>I got this game from Ben Landers and have slightly modified it over the last couple of years.</p> <p>You will need a couple of long 6 foot pool noodles or 2 smaller noodles taped together</p>	

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				<ul style="list-style-type: none">-Select 1 or 2 students to be taggers -When the game starts, students will try to stay away from the taggers for as long as they can -If a student is tagged, they turn into a dancing robot machine which means they can no longer move/run in the game, but have to start dancing right where they are -Students have 3 dance moves to choose from:<ul style="list-style-type: none">-Dance move #1: baby finger fist pump – put your pointer finger up in the air and start bending it up and down like your fist pumping (this is normally for the students who start off pretty shy in the game and don't want to dance) -Dance move #2: party fist pump – put 2 fists into the air and start fist pumping to the music -Dance move #3: create your own dance move – students can create their own dance moves to the music (most students end up doing this) -If a student is tagged, they must keep dancing till the end of the round. Once the round is over, everyone is allowed to run again.	
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Special Education Modifications and 504 plans are located in the back of Mr. Kuhn's lesson plan binder.