

Physical Education
Lesson Planning Form

IF YOU WANT TO SKIP TO THE DIRECTIONS SCROLL TO THE BOTTOM

I. Major Topic: Dodging and Fleeing **Grade Level:** Pre-K-3rd

II. Materials: Hula hoops, bean bags, cones, pool noodle

III. PE Standards:

Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 4: Exhibits responsible, personal and social behavior that respects self and others.

Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

IV. Objective(s):

By the end of the lesson, the students will:

- Use **dodging and fleeing skills** while playing the dinosaur tag game
- Comprehend **boundary lines** by playing dinosaur tag

V. Procedures:

Steps/Learning Activities/Differentiated instruction

1. Attendance
2. Warm-up Routine

PreK-4th grade will do the following

- a. 10 Jumping jacks
- b. 10 line ups
- c. 10 high knees

- d. Windmill toe touches
- e. Plank ABC's
- f. 10 Crab kicks
- g. 10 bicycles

3. Dinosaur Tag Directions

-There will be one or two students who are chosen to be the dinosaurs (depending on class size). They will be in the middle with noodles.

-The other students will be split up into 3 even teams. Each team will have a different color hula hoop.

-The first person on each team will attempt to run through the dinosaur(s) cage to get a piece of dinosaur food and bring it back to their team's hula hoop without getting tagged by the dinosaur.

-If they get tagged by the dinosaur they must return back to their team empty handed. Then the next person in line will go. The dinosaur(s) must stay in the coned off area.

-If a student gets tagged on their way back to their team when they got a piece of food, they must put it back in the box before returning to their team.