

Physical Education
Lesson Planning Form

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

I. Major Topic: Trash collectors **Grade Level:** Pre-K-2

II. Materials: Toys and 2 bins (storage bins, laundry baskets or toy bins)

III. PE Standards:

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:

- Practice how to **throw underhand** by playing the trash collectors game.
- Use aiming skills when playing the trash collectors game.

V. Procedures:

Steps/Learning Activities/Differentiated instruction

1. Attendance
2. Warm-up
 - a. Run 3 laps
 - b. 10 Jumping Jacks
 - c. 10 high knees
 - d. 10 mountain climbers

3. Trash Collectors Directions

- Either let the students dump out the equipment/toys or you can have it set up where everything is already out.
- Split the students up in even teams of 2. Tell each group of students which basket is theirs.
- Students pretend they are the garbage collectors and they are working to clean our gym up!
- The students are to pick up an item, run it over to their team's basket and stop at the poly spot. They are to throw their toy in the basket using an underhand motion.
- They can't move on to pick up another piece of trash until they make it in the basket (there will be several poly spots set up so several kids can be throwing at a time).
- The team with the most amount of trash in their basket at the end is the winner!