

Lesson Plan

Teacher Mrs. Megan Lloyd	Subject Physical Education Grade: K-2.1	Lesson Week of:	Theme/Unit Flexibility and Balance (Part 2) Level:
<p>PA State Standard(s)</p> <p>LO 5-K-2.2.A-Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> Non-locomotor movements (e.g., bend, stretch, twist) <p>National PE Standard(s)</p> <p>1.1.BF. K-5- Moves on various surfaces on different bases of support with different body shapes.</p> <p>2.2. (2-4) K-5- Performs demonstrating low, middle, and high levels.</p> <p>3.2.AB. 1.3-2.0- Demonstrates competency in 3 or more age-appropriate skills in health-related fitness activities (flexibility).</p>			
<p>Goals and Objectives</p> <p>By the end of class, the students will be able to:</p> <ul style="list-style-type: none"> Recognize the health-related fitness components: Flexibility, Fitness. Demonstrate a variety of flexibility exercises maintaining balance on different bases of support with different body shapes. Identify the levels of high and low. 			
<p>Warmup/Introduction: (5 minutes)</p> <p>Introduction:</p> <p>Students will enter the gym and take a seat on a chair.</p> <p>The teacher will greet students and tell them what they are doing today, going over the schedule.</p> <p>Warm-up:</p> <p>Stretch up and down, twist side to side repeat 15.</p> <p>There will be three sides of the gym that student will be moving around. Students will go through the course 3-5 times.</p> <ol style="list-style-type: none"> 1. Cane to weave through 2. Locomotor movement - (running, walking, skipping, jumping, sliding, etc) 3. Agility Ladders <p>Transition: The teacher will briefly explain the stations. Assign students to stations. Then students will go to their assigned stations with the gifts.</p>			

Lesson Plans For Adaptive Physical Education

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