

Every year, Physical Education specialist are being asked to incorporate more and more of the language arts and math curriculum into Physical Education. Physical Education is no longer just about motor development and skills. It is about teaching the whole child. Therefore, I create lessons for elementary Physical Education that includes age appropriate vocabulary and math skills that students use every day. Come join me at ***Share the Wealth*** as I discuss and demonstrate the following lesson. I will be using essential questions and counting to incorporate Common Core standards into the Physical Education curriculum.

Physical Education Lesson Plan

Day One

Standard 5: Students recognize and follow rules, directions and safety procedures while participating in physical activity and work cooperatively and respectfully with others, regardless of personal differences

Objective: PEK.1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of activities.

Grade K

Unit Focus: Space Awareness

Warm Up:

- Drum Beat – when you hear the beat of the drum, move, when it stops, freeze...
- Sliding Whistle – what speed where you going with the beat of the drum, now, can you go up and down when you hear the whistle

EQ: Can you name a speed you can move?

Skills: Speed (Slow, Medium, Fast, Walk, Jog, Run)

Games:

- The Freeze – when the music is on may travel anywhere on the gym floor, when music stops must freeze...
- Crazy Hula Hoop – can you make your hula hoop move fast? Slow?
- Bears and Bees Game(K-2) – Now, boys and girls have a seat in your hula hoop, you are the Bears, I am the Bee (I have a big hula hoop full of small foam balls that represent honey). Can you steal my honey from me? Remember one jar of honey at a time and take it back to your bear den. What speed should you use? If you are going fast, you should be running.
- Now, you have stolen all the honey from the bee hive, you must know steal it from the other bears. Remember one jar of honey at a time, take it back to your den. (Each time we play I ask them what speed are we going to be moving, of course they always say fast but I make them go slow and discuss walking, then medium and talk about jogging, then if we say fast, running.)

Closure: Which speed is your favorite way to move?