

Adaptive PE

Date: November 14

Lesson Focus: Fitness Activities

Lesson Length: 40 minutes

Standards:

K-3: 10.4.3.A, 10.4.3.E, 10.5.3.A

4-5: 10.4.6.A, 10.4.6.E, 10.5.6.A

Objectives:

1-P: The learner will attempt each of the fitness activities for the day.

2-A: The learner will wait patiently for their turn.

Evaluation of Objectives:

1-P: The teacher will observe the students do each of the activities for the day. If the teacher sees a student struggling, the teacher will work with those students in order for them to be successful during the lesson.

2-A: The teacher will observe the students waiting their turn to do the activity. If a student is not waiting patiently, that student will lose their turn to do the activity.

Stretching/ Fitness (9 minutes):

Equipment: Spots

-The teacher will have students go to a spot in the gym and the teacher will lead the class in the following stretches. The teacher will help students that are struggling

- Arm Circles
- Triceps Stretch
- Deltoid Stretch
- Neck Roll
- Butterfly Stretch
- Toe Touches
- Push-ups
- Jumping-up Jacks

-The teacher will then have the students go to the baseline to do locomotor movements. Students will go from baseline to baseline. These include:

- Running (2 times)
- Skipping
- Sliding
- Leaping (Half Court and Back)

-After the stretches, have students place the spots on one of the chairs, next to the PE office.

-Students will then sit in the red circle to explain the first game.

Activity #1 (23 minutes): **Fitness Activities**

Equipment:

-The teacher will lead the class into different fitness activities. List of fitness Activities is as followed:

1. Mountain Climbers
2. Floor Ladder
3. Obstacle Course
4. Reaction Time Catching
5. Lunges without weights
6. Lunges with weights
7. High Jump
8. Long Jump

-The teacher will explain and demonstrate 1 activity at a time and will have the students attempt each activity.

Rules/ cue for each activity:

Mountain Climber:

- Put both hands and knees on the floor.
- Place your right foot near your right hand and extend your left leg behind you.
- In one smooth motion, switch your legs, keeping your arms in the same position.
- Switch your legs back and forth twice, such that your right leg is again close to your right hand.
- Have student attempt 10 mountain climbers

Floor Ladder

- Students will form a line at 1 side of the ladder
- 1 student will go at a time
- Students will go through the ladder and try to get both feet in each ladder rung
- Once they get to the end, they will get out and the next student will go in

Obstacle Course

- The obstacle course, will have hurdles, hula hoops on stands, and pool noodles on cones.
- Any time a student comes to a hurdle, they must jump over it
- Any time a student comes to a hula hoop, they will crawl through it
- Any time a student comes to a pool noodle, they will weave through them
- 1 student will go at a time.
- Once the first student gets through the courses the next student will then go

Reaction Time Balls:

- Student will stand on a poly spot
- The teacher will toss and bounce a ball to the students
- The students will try to react to the bounce and then catch the ball
- The teacher will work down the line of students and toss and bounce the ball to the students

Lunges without weights:

- Stand with feet hip-width apart
- Take a large step forward with one leg
- Keep the majority of your weight on your front foot as you lower your hips, keeping the front foot flat and back heel lifted
- Descend until your rear knee almost touches the floor and the front knee is stacked directly above the ankle, creating 90° bend in both knees
- Drive through the heel of your front foot and push yourself back up to your starting position
- Have students go from the baseline to half court and back

Lunges with weights:

- If students are successful with lunges without weights, give students 2 dumbbells and have students attempt to do lunges with weights.
- Students will hold the weights at their side

High Jump:

- Students will form a line behind the high jump
- Once student will run forward at the high jump
- Students will the jump over the high jump once they get to it
- Once the first student is out of the way, the next student will then go

Long Jump

- Students will form a line.
- Students will come up to the jumping line (Blue line and attempt to jump forward
- Once the first student gets out of the way, the next student will go

While students are playing:

- The teacher will observe to make sure students are doing each activity correctly and safely.
- The teacher will provide feedback to all students
- The teacher will help students that are struggling.

-After all the activities have been completed, the teacher will have students clean up all the equipment and place it off to the side.

-Once the equipment is off to the side, the teacher will have students sit in the red circle for the next activity for the day.

Activity #2 (5 minutes): Hula Hoop Circle

Equipment: Hula Hoop

Rules:

- Students will hold hand and make a circle
- The teacher will place a hula hoop between 2 of the students
- The object of the activity is to get the hula hoop to go around the circle without letting go of each other's hands

While students are playing:

- The teacher will observe to make sure students are doing each activity correctly and safely.
- The teacher will provide feedback to all students
- The teacher will help students that are struggling.

-At the end of the time, the teacher will have students bring over the hula hoop and line up for the end of class.

Clean-up/ Line-Up (3 minutes):

-Students will help the teacher bring in all equipment used for the class and place it near the PE office window.

-Students will grab their water bottles/ coats/ etc. off the bleachers.

-Students will then line up on the black baseline near the door and wait for the teacher to arrive.

-If there is time, the teacher will ask the class what are things they did well during the class and what are some things we can improve on for next class.