

Physical Education Lesson Plans

Mr. Dockery

Week # 17

Dates: 12/18-12/20

All Lessons Adhere to ODE PE Standards

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Physical Education</u> <u>Subject:</u> Cooperative Activity - Pyramid Building <u>Objective:</u> Students will work cooperatively to complete a variety of shapes from a pyramid building worksheet. FITNESS WARM-UP Shark PYRAMID WORKSHEET 1. Groups of 3-5 people. 2. Always have a spotter when off the ground. 3. Stay on mat. 4. Hold shape for 5 seconds, can use phone for picture. 5. Check off worksheet with highlighter. (30 pts.) 6. Emphasize safety.	<u>Physical Education</u> <u>Subject:</u> Cooperative Activity - Pyramid Building <u>Objective:</u> Students will work cooperatively to complete a variety of shapes from a pyramid building worksheet. FITNESS WARM-UP Battle Ball. PYRAMID WORKSHEET 1. Groups of 3-5 people. 2. Always have a spotter when off the ground. 3. Stay on mat. 4. Hold shape for 5 seconds, can use phone for picture. 5. Check off worksheet with highlighter. (30 pts.) 6. Emphasize safety..	<u>Physical Education</u> <u>Subject:</u> Mat Ball <u>Objective:</u> Students will participate in the game of Mat Ball during the course of game play with two teams and continuous scoring FITNESS WARM-UP Calisthenics MAT BALL 1. 2 teams. 2. Baseball Field setup. 3. 3 outs. Must be touched with the ball. Ceiling out. 4. Unlimited players on a base. 5. Score going through cones. COOPERATION	<u>Physical Education</u> NO SCHOOL - Christmas vacation.	<u>Physical Education</u> NO SCHOOL - Christmas vacation.