

Physical Education Lesson Plan

“Butterfly stretches”

This lesson is designed to help students learn the importance and reasons for exercise through multiple activities and discussions.

- **Direct Teaching:** Before taking the students out to the field or gym, make sure to explain the rules or even draw the game or map on a board.
 - **First:** Choose who will be “it” for the game. Using cones, mark two lines on each end of a large play area or field. The flower will stand in the middle of the two lines
 - **Play:** The Flower calls out “ Come ____ in my field.” (The blank is filled in by what the players must do as they are crossing the field. Hop, twirl, swim, run, run backwards, etc.) Then the players must follow the command and try and make it to the other side of the field without being tagged by the flower. Any player that is tagged becomes a flower in the field and has to stand in the spot where they were tagged. This continues from side to side.
 - **Guided Practice 1:** Student Leaders (Team Captains) will lead the students in a Warm up activity and Stretching. Warm up is predetermined in the classroom (i.e. light jog, jumping jacks, walking, etc) to get blood pumping before stretching. Team captains are responsible for choosing the stretches and demonstrating them to the students before doing them. The whole class counts for 10-second holds, led by team captains. Last stretch- butterfly stretch- is introduced to students by the teacher. Explains that this stretch helps your hip abductors and will help prevent injury to your lower back.
 - **Guided Practice 2:** Have the “team captains” and “Coaches” demonstrate the activity by playing one round for the class to observe.
 - **Independent Practices:** Students will play the game. The teacher will monitor for safety and use the whistle as a stop and start signal. For students that may not be able to participate can be the “Bee Keepers” and assist with managing the game for safety and fairness.)
 - **Closing:**
 1. What did you learn today?
 2. Who asked a good question/ contributed today?
 3. What did you like about today’s activity?
 4. How could we make it better next time?
 5. How can we use this outside of the classroom? Or why is this important to the world outside our classroom?
2. Explain how you could ensure the lesson plan is “**culturally relevant and without bias**”.
- The activity is challenging but you can be rewarded with a goal.
 - Great way to communicate respectfully with new people you may not know as well including different backgrounds, perspectives, and experiences.
 - Educate yourself.

3. Be sure to cite the specific resources you are planning to use and the specific strategies you found in the resource, explain why and how you will use them - be specific.

- **Developing Cultural Competence in physical education.**
- I found this site helpful during lesson planning so you know the importance of teaching respects and values towards the different diversity of students.
- provide meaningful and relevant learning experiences, as well as positive self-concepts, critical thinking, and communication.

4. [Butterfly Stretches Lesson Plan | Teacher.org](#)