

Physical Education Lesson Plans

Mr. Dockery

Week # 2

Dates: 9/4-9/7

All Lessons Adhere to ODE PE Standards

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Physical Education</u> No Class	<u>Physical Education</u> <u>Subject:</u> Fitness Testing <u>Objective:</u> Take a starting measure of students abilities on Physical Fitness tests. FITNESS WARM-UP TUNNEL TAG, 2 teams. Tag, must go through tunnel to be unfrozen. 1. Push-ups 2. Sit-ups 3. Shuttle run 4. Jump and Reach 5. Softball Throw 6. Pacer Test Remaining time - Basketball	<u>Physical Education</u> <u>Subject:</u> Fitness Testing <u>Objective:</u> Take a starting measure of students abilities on Physical Fitness tests. FITNESS WARM-UP Stretching Routine 1. Push-ups 2. Sit-ups 3. Shuttle run 4. Jump and Reach 5. Softball Throw 6. Pacer Test Remaining time - Basketball	<u>Physical Education</u> <u>Subject:</u> Line Soccer/Crazy Soccer <u>Objective:</u> In the game of indoor soccer relating the tactical concepts of creating space, maintaining possession, defending space and attacking the goal. FITNESS WARM-UP Jump Rope Divide Class into equal teams, assign numbers, play game. Additionally for Crazy soccer, this is played with a foam football and a dice. If scores, you must find a different goalie.	<u>Physical Education</u> <u>Subject:</u> Line Soccer/Soccer <u>Objective:</u> In the game of indoor soccer relating the tactical concepts of creating space, maintaining possession, defending space and attacking the goal. FITNESS WARM-UP Wall Sit Survivor Corner Ball Soccer. 4 teams each set-up in the corner. Teams behind the goal. Call out numbers, try to score a goal. BACKWARDS SOCCER Must dribble with your hands, no feet. Goalies, no hands allowed. Goals are turned backwards.

