

Teacher: Mr. Waltermire

Lesson Dates (Letter Days A-E): October 20-27

Grade Level: K-2

Time Allocated: 40 minutes

Unit: Fitness

Lesson Focus: Fitness Stations

Standards:

K-2nd: 10.4.3.A, 10.5.3.A, 10.5.3.B

Objectives:

1-P: The learner will master 8 of 11 fitness stations

2-A: The learner will work correctly with their small group.

Teaching Content	Equipment	Picture	Evaluation
<u>Before Class</u> -The teacher will have all the equipment out before students arrive at the gym. -The teacher will wait for the students by the door. -When students enter the gym, the teacher will have them walk to a poly spot to start our stretching and fitness activities.	<u>Whole Class</u> -Poly Spots -Cones -Hurdles -Gym Mats -Dumbbells -Floor Ladders -Balance Beam -Pool Noodles on cones		
<u>Stretches</u> Time Expected: 5 minutes -Once all students are on their poly spot, the teacher will lead the class in stretching. Some stretches the teacher will have the class do are as followed: ● Arm Circles ● Triceps Stretch ● Deltoid Stretch ● Neck Roll ● Butterfly Stretch ● Push-ups ● Toe Touches ● Jumping Jacks	-Poly Spots		

-The teacher will observe to make sure the students are doing the stretches correctly. -The teacher will help students that are struggling. -At the end of the stretching, the teacher will have students clean up the poly spots and place them in the bin. -After the students clean up their poly spots, the teacher will have them go to the middle logo to explain the lesson for today.			
<u>Lesson Introduction</u> Time Expected: 4 minutes -The teacher will check shoes to make sure all students are wearing sneakers for the day. -The teacher will explain the games the class will be playing for the day. The games include: ● Fitness Stations ● Cool Down Stretch			

<u>Lesson Focus: Fitness Stations</u> Time Expected: 24 minutes -The teacher will explain that for today's lesson the class will do different fitness stations. -The teacher will explain that you will have a partner and will attempt each station to the best of your ability. -The teacher will explain that you must work correctly with your partner. -Stations are as followed: ● Push-ups ● Hurdles ● Sit-Ups ● Jumping Jacks ● Seated Toe Touches ● Running ● Dumbbell- Arms ● Floor Ladders ● Balance Beam ● Weaving ● Dumbbell- Legs -Students will be at each station for 1 minute. -The teacher will explain and demonstrate each station for the students.	-Cones -Hurdles -Gym Mats -Dumbbells -Floor Ladders -Balance Beam -Pool Noodles on cones		1-P: The teacher will observe students at each station. If the teacher sees a student struggling at a station, the teacher will work with that student, so they are successful at each station. 2-A: The teacher will observe students working with their partner. If the teacher sees a student not working correctly with their partner, they will first get a warning and the teacher will talk with them. Each time after, that student will have to sit off for 1-2 stations.
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Rules for each station are as followed:

Push-Ups

- Each student will attempt push-ups at this station. Cues for push-ups are as followed:
 - Palms on the floor with fingers spread and pointed straight ahead.
 - Toes and balls of feet on floor at all times.
 - Straight and flat back and body.
 - Bend your arms until your nose is about 2 inches from the floor and return to starting position.
 - Keep a slow and steady pace.
- When it is time to rotate. Stand by your station cone.

Hurdles

- Students will stand in a start line behind the cone
- The first student will go through all the hurdles
- Once they get to the end of the line, they will walk back to the end of the line
- If they have knocked any hurdles over, they will pick them back up

and place them in the correct place ● When the teacher blows the whistle or turns the music off, the students will form a line behind the starting cone and wait for the teacher to rotate them Sit-Ups ● Students will get on the gym mats and attempt to do sit-ups ● Cues for sit-ups: ○ Hands/Fingertips touch your shoulders ○ Keep knees together with feet flat on ground ○ Don't bounce off the mat-keep a steady pace ○ Don't hold your breath ○ Elbows go to thighs counts as one ● Students are not allowed to do any gymnastic activities on the mats ● When it is time to rotate, students will line up behind their station cone			
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Jumping Jacks

- Students will attempt jumping jacks at this station
- Cues are as followed:
 - Start by standing in "i" formation where your feet are together and arms at your side.
 - Jump into "A" formation where your feet are shoulder width apart and hands are together above your head
 - Jump between "i" and "A" formation to make successful Jumping Jacks.
- When it is time to rotate, students will stand behind their station cone.

Seated Toe Touches

- Cues for seated toe touches:
 - Step 1: sit on your bottom with your feet shoulder width apart, toes facing forward.
 - Step 2: Keep your legs straight and your knees slightly bent with your arms extended down

by your side. This is your starting position. ○ Step 3: Keeping your body loose, bend forward at the torso and let your fingers hang down toward your toes. ○ Step 4: Hold for 10 counts and then return to the starting position. ● Once it is time to rotate, stand behind the station cone Running ● Students will run from 1 line to another line ● Students will try to run at a certain pace, so they do not slow down. ● Once it is time to rotate students will stand behind the station cone			
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Dumbbell Arms • Students can have 1 or 2 dumbbells in each hand • There will be a picture of different arm exercises students can do. (The teacher will demonstrate the different exercises when going over the station. • Students must use the dumbbell correctly. • When it is time to rotate, students will place the dumbbell back in the box and stand behind their station cone Floor Ladder • Students will stand behind their cone • First person in line will attempt to jump in each ladder rung • Once the first person is out of the ladder, the next person will go • If students mess it up, students will fix it before the next student goes through. • Once it is time to rotate, students will stand behind the starting cone			
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Balance Beam

- Students will stand in straight line behind the starting cone
- The first student will get on the balance beam and attempt to cross the balance beam
- Once they get to the other side, they will get off the balance beam and walk to the end of the line.
- Only 1 student is allowed on the balance beam at 1 time.
- Students can attempt it in different ways. These include:
 - Forward
 - Backward
 - Sideways
 - Etc.
- When the teacher blows or turns the music off, the students will stand behind their starting cone and wait to be rotated

Weave Station • Students will stand in a straight line behind the starting cone • In front of them, they will see a bunch of pool noodles on cones standing in a straight line • The object is for each student to weave through all the noodles without knocking them over • The first student will attempt the to go through them • Once they get to the end of the line, they will turn and walk back to the end of the line and the next student will go. • If they knock any pool noodles over, they need to place them back on the cone. • When the teacher blows the whistle or turns the music off, the students must stand behind the starting cone and wait to be rotated. Dumbbell- Legs • Students can have 1 or 2 dumbbells in each hand • There will be a picture of different arm exercises students can do. (The teacher will demonstrate the different exercises when going over the station.			
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● Students must use the dumbbell correctly. ● When it is time to rotate, students will place the dumbbell back in the box and stand behind their station cone -The teacher will check for understanding -The teacher will ask the students if they have any questions. -The teacher will answer any questions the students may have. -The teacher will break the class into groups of 2 and have them find a station -Once each student has a station, the teacher will have students get started. -The teacher will walk around the gym while students are doing each station. -The teacher will provide feedback to all students. -The teacher will help students that are struggling. -The teacher will rotate students every 30 seconds- 1 minute. -Once the students have done all 11 stations, the teacher will have students come to one side of the gym, to do the last activity for the day.			
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<u>Culminating Activity</u> Balancing Cool Down Stretch Time Expected: 5 minutes -The teacher will make sure students have their own space. -Once students have their own space, the teacher will play a cool down YouTube videoclip. (See Link Below) -Students will attempt each of the stretches to the best of their ability. -While the video is playing, the teacher will observe to make sure students are doing the stretches correctly. -At the end of class, the teacher will have students line up on the black line.	-Projector -Video Clip (Link Below)		
<u>Closure</u> Time Expected: 2 minutes -The teacher will have a discussion with the class about the class period. -The teacher will have students say what the class did well together and what they can work on, -Classroom Teacher will pick the class up.			

-Accommodations/ Modifications/ 504/ IEPs/ Asthma papers are placed in a folder on my desk.

Cool Down Stretch Video Clip: <https://www.youtube.com/watch?v=OL3W0pcHU50>