

Guam District Level Lesson Plan

Quarter 3

Name: 2nd Grade Teachers
Room: C Quad/D-103

Content: PE

Grade: 2nd

Timeline: Weeks 1-4

GDOE Content Standard:

Standard 3: Physical Activity

2.3.1 Participate actively in all physical education classes and in unorganized or organized physical fitness and play opportunities during after school time.

2.3.2 Participate in and keeps a record of activities outside of physical education class that provide opportunities to demonstrate a healthy lifestyle.

Lesson Overview:

Students will participate in active games which involves challenging or competing with other teams.

Lesson Objectives:

I CAN...

- demonstrate safety practices.
- demonstrate and apply rules of a game.
- demonstrate cooperative play.
- demonstrate respect and compassion for peers.

Vocabulary:

Physical fitness
Healthy lifestyle

Focus Question:

Why is physical fitness important?
What are some examples of physical activities you participate in outside of PE classes?

Description of Lesson (including instructional strategies)

Anticipatory Set:

Organize the students to play a quick game of relay.

Instruction and Strategies:

1. Encourage a class discussion of why physical fitness is important.
2. Have the students give examples of different physical fitness activities they do outside of school or PE classes.
3. Set-up the classroom (may be done indoors or outdoors) to represent a simple circuit training. Label the different stations.
4. Choose stations that are appropriate for the students' abilities.
5. Some examples may include: heel raises, arm rotation, squats, jumping jacks, etc.
6. Divide the class into groups of 5 or 6 so they can work on a particular station at a given time.
7. The small groups will rotate at the sound of a whistle or bell or teacher's verbal cue.

Guided Practice:

Demonstrate what needs to be done for each station. Observe the students and provide feedback.

Formative Assessment:

Observe the students as they perform each task and provide feedback/corrections as necessary.

Independent Practice:

Divide the class into 5-6 groups and have them work together to come up with different physical activities or exercises that may be done in a circuit training.

Accommodations/Modifications:

Simplified instructions, Teacher guided practice, 1 on 1 instruction, pair with classmate of higher level, Repeated Instructions

Resources (Textbook and Supplemental):

http://betterlesson.com/community/directory/second_grade/physical_education

Reflection:

Guam District Level Lesson Plan

Quarter 3

Name: 2nd Grade Teachers
Room: C Quad/D-103

Content: PE

Grade: 2nd

Timeline: Weeks 5-10

GDOE Content Standard:

Standard 4: Health Enhancing Physical Fitness

2.4.1 Participate in an active physical education class to maintain the intensity and duration for improved physical fitness.

2.4.2 Describe what can happen to the body of a person who does not exercise and who consumes too much food.

2.4.3 Develop and describe the components of health-related physical fitness.

2.4.4 Perform and recognize the difference between high, medium, and low intensity activities for developing cardio-respiratory endurance.

2.4.5 Participate in an active physical education class to maintain age-appropriate intensity and duration for improved physical fitness.

Lesson Overview:

Students will participate in active physical activities to improve their physical fitness.

Lesson Objectives/I CAN:

I can participate in PE class to maintain intensity and duration for improved physical fitness.

Vocabulary:

intensity
duration
physical fitness
endurance

Focus Question:

Why is it important to improve your physical fitness?

Description of Lesson (including instructional strategies)

Anticipatory Set:

Teacher will explain the cues of: eyes forward, feet forward, and personal space.
Have the students tell why understanding these cues are important.

Instruction and Strategies:

***This PE lesson ties into the Health lesson on Unit 5: Personal health and physical activity, Lesson 21 (pages 120-127).**

1. Explain the President's Challenge (Reference Health book pages 126-127).
2. Explain to the students that you will record their times/results of each of the activity/challenge.
3. The President's Challenge includes the following: curl-ups, one-mile walk or run, shuttle run, pull-ups, and V-sit and reach.
4. Explain the different activity. Demonstrate to the students what needs to be done or have volunteers to show the examples.
5. Record the students' scores as they perform the tasks/activities.

Guided Practice:

Demonstrate to the students if they are unsure of any of the activity.

Formative Assessment:

Observe the students as they perform each task and provide feedback/corrections as necessary.

Independent Practice:

Conduct a pre and post test for the President's Challenge to see if students will show improvement after several weeks of practice.

Accommodations/Modifications:

Simplified instructions, Teacher guided practice, 1 on 1 instruction, pair with classmate of higher level, Repeated Instructions

Resources (Textbook and Supplemental):

http://betterlesson.com/community/directory/second_grade/physical_education

Health book Unit 5, Lesson 21

Timer, objects for shuttle run, bar for pull-ups, tape measure

Reflection: