

Lesson Plan

Teacher Mrs. Megan Lloyd	Subject Physical Education Grade: K-2.1	Lesson Week of:	Theme/Unit Flexibility and Balance (Part 2) Level:
<p>PA State Standard(s)</p> <p>LO 5-K-2.2.A-Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> Non-locomotor movements (e.g., bend, stretch, twist) <p>National PE Standard(s)</p> <p>1.1.BF. K-5- Moves on various surfaces on different bases of support with different body shapes.</p> <p>2.2. (2-4) K-5- Performs demonstrating low, middle, and high levels.</p> <p>3.2.AB. 1.3-2.3- Demonstrates competency in 3 or more age-appropriate skills in health-related fitness activities (flexibility).</p>			
<p>Goals and Objectives</p> <p>By the end of class, the students will be able to:</p> <ul style="list-style-type: none"> Recognize the health-related fitness components: Flexibility, Fitness. Demonstrate a variety of flexibility exercises maintaining balance on different bases of support with different body shapes. Identify the levels of high and low. 			
<p>Warmup/Introduction: (5 minutes)</p> <p>Introduction:</p> <p>Students will enter the gym and take a seat on a chair.</p> <p>The teacher will greet students and tell them what they are doing today, going over the schedule.</p> <p>Warm-up:</p> <p>Stretch up and down, twist side to side repeat 15.</p> <p>There will be three sides of the gym that student will be moving around. Students will go through the course 3-5 times.</p> <ol style="list-style-type: none"> 1. Cane to weave through 2. Locomotor movement - (running, walking, skipping, jumping, sliding, etc) 3. Agility Ladders <p>Transition: The teacher will briefly explain the stations. Assign students to stations. Then students will go to their assigned stations with the gifts.</p>			

Lesson Plans For Adaptive Physical Education

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Lesson Plans For Adaptive Physical Education:

Reviewing **Lesson Plans For Adaptive Physical Education**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Lesson Plans For Adaptive Physical Education**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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