

Physical Education Plans

*Feel free to let students get water whenever you think it is necessary, especially on hot, humid days. I always remind students to walk to the drinking fountain and to keep their hands and feet to themselves.

Schedule:

8:45-9:25 -5th

9:25-10:05 - 3rd

10:05-10:45 - 2nd

10:45-11:25 - Junior Kindergarten

Lunch

1:30-2:10 - Kindergarten

2:10-2:50 - 1st

2:50-3:30 - Special Education

Physical education class routine:

- As students come in have them sit down on the Green Dots on the gymnasium floor. (this has been their routine all year long).
- Explain the days schedule. -We will start with a five minute jump rope. Followed by water, and stretches and exercises. Once we get our fitness done we're going to briefly talk about our sportsmanship and then we can pick a game to play.
- You may want to review the safety checklist on the whiteboard <http://www.mrmairsphysedpage.com/kindergarten---2nd-grade.html>
- Fitness (5 min) jump rope - Directions: "Calmly walk and grab a jump rope in the middle and give it a little jiggle." Get ready because students will want to run to get jump ropes & argue. Remind them of their moral focus & how we treat one another with kindness & respect. <http://www.mrmairsphysedpage.com/the-5-minute-jump-rope.html>
- After the five minute jump rope is done, collect the jump ropes. I like to collect them by asking the students to hand me one handle at a time. This will prevent the jump ropes from tangling. Directions: "Walk to me. Hand me one handle of the jump rope. Walk to the drinking fountain. Be courteous to your classmates. And walk back to the Green Dots for stretches and exercises."
- Stretches & exercises (follow this link <http://www.mrmairsphysedpage.com/stretch-and-muscle-groups.html>) — (I have written the stretches and exercises on the whiteboard)

1. Trapezius
2. Pectoralis Major
3. Triceps and obliques
4. Deltoids and Latissimus dorsi
5. Quadriceps
6. Hamstrings
7. Gastrocnemius
8. 30 sec Push-ups
9. 30 sec Jump Squats
10. 30 sec Crunches or planks
11. 30 sec Lunges
12. 30 sec Burpees

-As students finish their final exercise have them sit back down on the Green Dots and review the following sportsmanship checklist: (I have written it on the whiteboard.)

- I play by the rules of the game.
- I try to avoid arguments by kindly explaining the rules
- I play fair.
- I respect others efforts.
- I encourage my teammates

After you have reviewed all the sportsmanship checklist you can pick from the following games to play. Students should know how to play all of these already.

Kindergarten - 2nd Grade Games:

1. Snakes: no equipment necessary. Select two students to be "snakes" (they must slither or crawl on the floor. No tag counts if the snake gets up off the floor.) to start. If another student gets tagged by a snake then they become a snake too. Once the majority of the class are snakes, start a new game.
2. The Great Wall of China: no equipment necessary. Pick two students to start on the half-court line a.k.a. "the wall". The rest of the students will start on one baseline of the gymnasium. Give out to the direction "Go" and students will try to cross from one side of the gymnasium to the other side of

the gymnasium while avoiding being tagged by the people on “the wall.” if a student gets tag they join “The Wall”. Once the wall has around 8 to 10 people. Start another game with two new original people on “The Wall.”

3. Fire and Ice”: equipment equals two foam blue balls and two foam red balls. The blue balls = ice and the red balls = fire. Select students to be ice and fire. If the other students get tagged by the ice they must freeze and the people with the fireballs can unfreeze the people who are frozen. One rule to keep in mind is that students may not throw the balls.
4. Banana Tag

3rd Grade - 5th Grade Games:

1. The Great Wall of China
2. Spiders & Flies: no equipment necessary. It’s played just like The Great Wall of China except the taggers (Spiders) don’t have to stay the half-court line. The spiders can run everywhere to try to catch the flies. The flies are safe when they reach the opposite baseline. Higher
3. Fire & Ice
4. Banana Tag