

Jennifer Payne PE lesson plans

Jan. 18 Feb 19

<i>3<sup>rd</sup> &amp; 4<sup>th</sup> grade</i>	Jan 18-22	Jan 25-29	Feb 1-5	Feb 8-12	Feb 15-19
<p>Mon</p>	<p>Warm up</p> <p>TEKS 116. 7a/7b follow and learn the rules of kickball. Teach them about being a good sport and how you should act if you win or lose.</p> <p>116.5b1j throwing underhand, overhand, catching, and kicking.</p> <p>116.6 b1a catch a ball on the move. 2d kick the ball. B1k how to dribble a kickball and how to properly kick a ball.</p> <p>TEKS 116.6 3a &amp; 116.5 3a fun &amp; challenging physical activity</p> <p>Will play kickball.</p>	<p>Warm up</p> <p>TEKS 115.5 5a how to properly tag opponent out and how to play without getting hurt.</p> <p>Warm up</p> <p>TEKS 116. 7a/7b follow and learn the rules of kickball. Teach them about being a good sport and how you should act if you win or lose.</p> <p>116.5b1j throwing underhand, overhand, catching, and kicking.</p> <p>Will play kickball.</p>	<p>Warm up</p> <p>TEKS 116. 7a/7b follow and learn the rules of kickball. Teach them about being a good sport and how you should act if you win or lose.</p> <p>116.5b1j throwing underhand, overhand, catching, and kicking.</p> <p>116.6 b1a catch a ball on the move. 2d kick the ball. B1k how to dribble a kickball and how to properly kick a ball.</p> <p>TEKS 116.6 3a &amp; 116.5 3a fun &amp; challenging physical activity</p> <p>Will play kickball.</p>	<p>Warm up</p> <p>Practice for Jump rope for Heart</p>	<p>Warm up</p> <p>kickball</p>
<p>Tues</p>	<p>Warm up</p> <p>TEKS 116. 7a/7b follow and learn the rules of kickball. Teach them about being a good sport and how you should act if you win or lose.</p> <p>116.5b1j throwing underhand, overhand, catching, and kicking.</p> <p>116.6 b1a catch a ball on the move. 2d kick the ball. B1k how to dribble a kickball and how to properly kick a ball.</p> <p>TEKS 116.6 3a &amp;</p>	<p>Warm up</p> <p>TEKS 116. 7a/7b follow and learn the rules of kickball. Teach them about being a good sport and how you should act if you win or lose.</p> <p>116.5b1j throwing underhand, overhand, catching, and kicking.</p> <p>Will play kickball.</p>	<p>Warm up</p> <p>TEKS 116. 7a/7b follow and learn the rules of kickball. Teach them about being a good sport and how you should act if you win or lose.</p> <p>116.5b1j throwing underhand, overhand, catching, and kicking.</p> <p>116.6 b1a catch a ball on the move. 2d kick the ball. B1k how to dribble a kickball and how to properly kick a ball.</p>	<p>Warm up</p> <p>Practice for Jump rope for Heart</p>	<p>Warm up</p> <p>kickball</p>

Jennifer Payne PE lesson plans

Jan. 18 Feb 19

	116.5 3a fun & challenging physical activity  Will play kickball		TEKS 116.6 3a & 116.5 3a fun & challenging physical activity  Will play kickball.		
Wed	Warm up  Practice for Jump rope for Heart	Warm up  Practice for Jump rope for Heart	Warm up  Practice for Jump rope for Heart	Warm up  Practice for Jump rope for Heart	Warm up  kickball
Thurs	Warm up  TEKS 116. 7a/7b follow and learn the rules of kickball. Teach them about being a good sport and how you should act if you win or lose.  116.5b1j throwing underhand, overhand, catching, and kicking.  116.6 b1a catch a ball on the move. 2d kick the ball. B1k how to dribble a kickball and how to properly kick a ball.  TEKS 116.6 3a & 116.5 3a fun & challenging physical activity  Will play kickball	Warm up  TEKS 116. 7a/7b follow and learn the rules of kickball. Teach them about being a good sport and how you should act if you win or lose.  116.5b1j throwing underhand, overhand, catching, and kicking.  Will play kickball.	Warm up  TEKS 116. 7a/7b follow and learn the rules of kickball. Teach them about being a good sport and how you should act if you win or lose.  116.5b1j throwing underhand, overhand, catching, and kicking.  116.6 b1a catch a ball on the move. 2d kick the ball. B1k how to dribble a kickball and how to properly kick a ball.  TEKS 116.6 3a & 116.5 3a fun & challenging physical activity  Will play kickball	Warm up  Practice for Jump rope for Heart	Warm up  kickball
Friday	If they have earned it they will have 15 minutes of free time. First we will do warm up and 5 min run.  If not we will play kickball.	If they have earned it they will have 15 minutes of free time. First we will do warm up and 5 min run.  If not we will play kickball	Warm up  Practice for Jump rope for Heart	Warm up  Jump rope for Heart  Final day for Jump rope for Heart	Warm up  kickball