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| **Lesson:** Rules and Procedures |
| **Content Standards: *Strand 5:*** *Exhibits responsible personal and social behavior that respects self and others in physical activity settings.*  **Concept 1:** **Personal Behavior:** PO 1. Follows directions given in class; PO 1 Act in a safe manner during physical activity; PO 2. Demonstrates safe use of equipment during all class activities; PO 2. Follows safety protocols during physical activity; PO 3. Follows safety protocols during physical activity.  **Concept 2: Social Behavior:**  PO 2.  Accepts all classmates without regard to personal differences; PO 2.  Demonstrate respect and caring for peers through verbal and non-verbal encouragement and assistance; PO 5.  Takes turns willingly with others. |
| **Objective:** SWBAT demonstrate understanding of PE rules and procedures. |
| **Anticipatory Set:** A discussion of class rules, policies and procedures for the beginning of PE:   1. Students must walk out the double doors, may not run until past the benches and meet me at the ramada. 2. Students will immediately sit in assigned sit for attendance. 3. Safety first: Watch where you are running, watch out for your classmates 4. Always be respectful of others and all PE equipment: Listen when others are talking, keep hands and feet to yourself; give each personal space, take care equipment, only use equipment for its intended purpose 5. Listen to the Whistle: single whistle = go; double whistle = freeze, eyes on teacher, mouths closed. 6. Play with Sportsmanship: always play fair, play by the rules of the game, be a good winner (no bragging) and a good loser (no pouting or name calling), stay inside the boundaries of the game. 7. Have fun!   **Lesson Focus/Activity:** An overview of game play procedures and rules; Game: Whistle mixer:  Using cones make a box about 25yds x 25yds. Students will start lined up side by side on one end. |

Deirdre Hartman

Lesson Plan

Physical Education

**Week 1**

**Grade(s): K-5**

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| Discuss and demonstrate where the boundaries are and show the difference between inside and outside. On the whistle students will run around inside the box, making sure to demonstrate the safety rule and watch out for classmates to avoid collisions. As students are running around blow the whistle twice to have students freeze. While students are frozen with eyes on you ask students if everyone is inside the box, if there is ask who and have those students to move back inside the box. For older grades (3,4,5) have students use different types of locomotor moverments. Repeat until time is up.  **Closure:** Have students gather around you, respecting others and giving each other personal space. Lead a quick question/answer review of rules discussed throughout class. Instruct students to walk to the water fountain, get a small, quick drink and then line up on the wall. |