



Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

Skipping - Introductory Lesson

K-3

General Outcome A



Basic Skills:

Locomotor
Nonlocomotor
Manipulative

Application of Basic Skills In:

Individual Activities

General Outcome B



Functional Fitness

General Outcome C



General Outcome D



Effort

Grade Specific Outcomes

Activities Teaching Strategies:

Introductory Activity - Have children move in and out of spaces, whenever they come to a line on the floor they must jump over it. (2feet together).

Body - Repeat above only now put short cotton ropes out on the floor as well. Have each child find one rope and jump over it a few times.

- Children pick up the ropes, have them swing it under themselves
- Talk about when and how to jump over it (not above hands yet)
- Talk about "windmill" action of arms vs. wrist action (show them or have someone demonstrate)
- Discuss when they would have to "jump" (when the rope moves under their feet)
- Have the children try it in a good space
- Try to improve or beat their record; from 1-2-3 etc.

Culminating Activity - Review the arm action and the timing of the jump. Have children try to spell their first name (one letter per successful jump).

Assessment Strategies:

Post 3 happy faces on the wall near the exit door (happy, sad, medium). Have each child point to the one which best pictures how hard they tried today. Did their body get warm, their face a little red?

Equipment:

1 small rope for each child (preferably cotton)

Resources:

Resources: Hip, Hop, Happy

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Adaptations: