

# Push Play PE

## Sample 4th Grade Lesson Plan Warm Up, Movement Activity, Learning Activity

### WEEKLY

	Warm Up	Movement Activity	Learning Activity
Week 1	"Whistle Game"	Stretching Intro	Jump Rope Intro
Week 2	"Slot Machine"	Strength Pushup Elevated	Overhand Throw
Week 3	"Fitness Party"	Jump Rope Intro	Jump Rope <b>Swing Set</b>
Week 4	"Jumping Jam"	Stretching Variation 1	Overhand Throw
Week 5	"Luck of the Draw"	Strength Pushups Elevated	Kick Ball Into the Air
Week 6	"Fitness Mashup"	Jump Rope Intro (Forward & Back)	Overhand Throw
Week 7	"Dice Game"	Stretching Variation 2	Kick Ball Into the Air
Week 8	"Remix Machine"	Strength <b>Challenge</b> Video	Overhand Throw
Week 9	"Whistle Game"	Jump Rope <b>Swing Set</b>	PUNT A Ball
Week 10	"Slot Machine"	Stretching Variation 3	PUNT A Ball
Week 11	"Fitness Party"	Strength Pushup Descending	Forehand Strikes
Week 12	"Jumping Jam"	Jump Rope <b>Criss-Cross</b>	Throw Disc for Distance
Week 13	"Luck of the Draw"	Stretching Variation 1	Forehand Strikes
Week 14	"Fitness Mashup"	Strength Pushup Clap and Traveling	PUNT A Ball <b>Challenge</b> Video
Week 15	"Dice Game"	Jump Rope <b>Heel-Toe</b>	Forehand Strikes
Week 16	"Remix Machine"	Stretching Variation 2	Throw Disc for Distance
Week 17	"Whistle Game"	Strength Upper Body Variation 1	Volleying
Week 18	"Slot Machine"	Jump Rope <b>Swing Set</b>	Volleying
Week 19	"Fitness Party"	Stretching Variation 3	Kick Ball Into the Air
Week 20	"Jumping Jam"	Strength Lower Body Variation 1	Serving
Week 21	"Luck of the Draw"	Jump Rope <b>Criss-Cross</b>	Serving
Week 22	"Fitness Mashup"	Stretching Variation 1	PUNT A Ball <b>Challenge</b> Video
Week 23	"Dice Game"	Strength Upper Body Variation 2	Volleying
Week 24	"Remix Machine"	Jump Rope <b>Heel-Toe</b>	Serving
Week 24	"Whistle Game"	Jump Rope <b>Heel-Toe</b>	Underhand Serving
More To Come			