

Push Play PE

Sample 1st Grade Lesson Plan Warm Up->Movement Activity->Learning Activity 1x Weekly

	Warm Up	Movement Activity	Learning Activity
Week 1	"Whistle Game"	Stretching Intro	Jumping & Landing
Week 2	"Underwater Adventure"	Strength Intro	Underhand Throw
Week 3	"Fitness Party"	Jump A Swinging Rope Held by Others	Jump A Rope Held by Others
Week 4	"Jump Around"	Stretching Variation 1	Underhand Throw
Week 5	"Luck of the Draw"	Strength Upper Body Variation 1	Kicking Rolling Ball
Week 6	"Whistle Game Remix"	Jump A Swinging Rope Held by Others	Catch a Self-Tossed Ball
Week 7	"Jumping Jam"	Stretching Variation 2	Kicking Rolling Ball Challenge Video
Week 8	"Fitness Party Remix"	Strength: Sit-Lie-Stand	Underhand Throw Challenge Video
Week 9	"Whistle Game"	Jump A Swinging Rope Held by Others	Jumping & Landing
Week 10	"Underwater Adventure"	Stretching Variation 3	Strike A Balloon Upward With Hands
Week 11	"Fitness Party"	Strength: Sit-Lie-Stand	Strike A Balloon Up w Arms & Feet
Week 12	"Jump Around"	Jump A Swinging Rope Held by Others	Jumping & Landing Challenge Video
Week 13	"Luck of the Draw"	Stretching Variation 1	Kicking Stationary Ball
Week 14	"Whistle Game Remix"	Strength Lower Body Variation 1	Kicking Stationary Ball
Week 15	"Jumping Jam"	Jump On One Foot and Two Feet	Strike A Balloon Up Challenge Video
Week 16	"Fitness Party Remix"	Stretching Variation 2	Kicking Stationary Ball
Week 17	"Whistle Game"	Strength Upper Body Variation 2	Two-Hand Overhead Throw
Week 18	"Underwater Adventure"	Jump A Swinging Rope Held by Others	Two-Hand Overhead Throw
Week 19	"Fitness Party"	Stretching Variation 3	Strike A Balloon Up w Arms & Feet
Week 20	"Jump Around"	Strength Lower Body Variation 2	Strike A Balloon Upward Challenge
Week 21	"Luck of the Draw"	Jump A Swinging Rope Held by Others	Catching
Week 22	"Whistle Game Remix"	Stretching Variation 1	Catching
Week 23	"Jumping Jam"	Strength: Sit-Lie-Stand	Two-Hand Overhead Throw
Week 24	"Fitness Party Remix"	Jump On One Foot and Two Feet	Catching
More To Come			