

Push Play PE

Sample 6th Grade Lesson Plan

Warm Up->Movement Activity->Learning Activity

WEEKLY

	Warm Up	Movement Activity	Learning Activity
Week 1	"Whistle Game"	Stretching Intro	Forehand Strike
Week 2	"Slot Machine"	Strength Training Intro	Underhand Throw
Week 3	"Fitness Mashup"	Jump Rope Intro	Monitor Heart Rate
Week 4	"Remix Machine"	Stretching Variation 1	Overhand Throw Part 1
Week 5	"Jump Jam"	Strength Elevated Pushup Variation	Overhand Throw Compiled
Week 6	"Luck Of The Draw"	Jump Rope Intro (Forward & Backward)	Underhand Throw Part 2
Week 7	"Dice Game"	Stretching Variation 2	Forehand Strike
Week 8	"Fitness Party"	Strength Pushup Challenge	Strike Object w Body
Week 9	"Whistle Game"	Jump Rope Criss Cross	Backhand Strike
Week 10	"Slot Machine"	Stretching Variation 3	Backhand Strike
Week 11	"Fitness Mashup"	Strength Pushup Variations	Frisbee Throw Part 3
Week 12	"Remix Machine"	Jump Rope Swing Set	Frisbee Throw Part 3
Week 13	"Jump Jam"	Stretching Variation 1	Strike Object w Body
Week 14	"Luck Of The Draw"	Strength Upper Body Variation 1	Strike Object w Implement
Week 15	"Dice Game"	Jump Rope Heel Toe	Monitor Heart Rate
Week 16	"Fitness Party"	Stretching Variation 2	Strike Object w Implement
Week 17	"Whistle Game"	Strength Lower Body Variation 1	Volleying
Week 18	"Slot Machine"	Jump Rope Intro (Forward & Backward)	Volleying
Week 19	"Fitness Mashup"	Stretching Variation 3	Frisbee Throw Part 3
Week 20	"Remix Machine"	Strength Upper Body Variation 2	Forehand
Week 21	"Jump Jam"	Jump Rope Criss Cross	Overhand Throw Compiled
Week 22	"Luck Of The Draw"	Stretching Variation 1	Volleying
Week 23	"Dice Game"	Strength Lower Body Variation 2	Monitor Heart Rate
Week 24	"Fitness Party"	Jump Rope Swing Set	Strike Object w Implement
More To Come			