

# Push Play PE

## Sample 3rd 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 Intro	Throw For Accuracy
Week 3	"Jumping JAM"	Jump Rope Intro	Jump Rope Challenge
Week 4	"Remix Machine"	Stretching Variation 1	Throw For Distance
Week 5	"Fitness Mashup"	Strength LOWER Body 1	Dribble With Feet
Week 6	"Jump Around"	Jump Rope Intro - (Backwards emphasis)	Catch While Traveling
Week 7	"Fitness Party"	Stretching Variation 2	Dribble With Feet
Week 8	"Dice Game"	Strength Pushup <b>Challenge</b>	Throw For Accuracy <b>Challenge</b>
Week 9	"Whistle Game"	Jump Rope Heel-Toe	Rolling for Accuracy
Week 10	"Slot Machine"	Stretching Variation 3	Rolling for Accuracy
Week 11	"Jumping JAM"	Strength Pushup Clap & Leg	Strike Ball Upward w/ Racket
Week 12	"Remix Machine"	Jump Rope Swing Set	Catch While Traveling
Week 13	"Fitness Mashup"	Stretching Variation 1	Strike Ball Upward w/ Racket
Week 14	"Jump Around"	Strength UPPER BODY 1	Rolling for Accuracy
Week 15	"Fitness Party"	Jump Rope Criss Cross	Catch While Traveling
Week 16	"Dice Game"	Stretching Variation 2	Kicking
Week 17	"Whistle Game"	Strength UPPER BODY 2	Kicking
Week 18	"Slot Machine"	Jump Rope Heel-Toe	Throw for Distance
Week 19	"Jumping JAM"	Stretching Variation 3	Throw for Distance
Week 20	"Remix Machine"	Strength LOWER BODY 2	Rolling for Accuracy
Week 21	"Fitness Mashup"	Jump Rope Swing Set	Strike Ball Upward w/ Racket
Week 22	"Jump Around"	Stretching Variation 1	Kicking
Week 23	"Fitness Party"	Strength UPPER BODY 2	Catch While Traveling
Week 24	"Dice Game"	Jump Rope Intro - (Backwards emphasis)	Strike Ball Upward w/ Racket
More To Come			