

Push Play PE

Sample 5th Grade Lesson Plan

Warm Up->Movement Activity->Learning Activity

WEEKLY

	Warm Up	Movement Activity	Learning Activity
Week 1	"Whistle Game"	Stretching Intro	Jump For Distance
Week 2	"Slot Machine"	Strength Intro	Jump For Distance Challenge
Week 3	"Fitness Party"	Jump Self Turned Rope	Jump For Height
Week 4	"Jumping Jam"	Stretching Variation 1	Field A Ground Ball
Week 5	"Luck of The Draw"	Strength Pushups Descending	Punt A Ball
Week 6	"Fitness Mashup"	Jump Self Turned Rope (Forward & Back)	Jump For Height
Week 7	"Dice Game"	Stretching Variation 2	Punt A Ball
Week 8	"Remix Machine"	Tricep Pushups	Field A Ground Ball
Week 9	"Whistle Game"	Jump Self Turned Rope Criss Cross	Forehand Strikes
Week 10	"Slot Machine"	Stretching Variation 3	Forehand Strikes
Week 11	"Fitness Party"	Strength Pushup Challenge	"Frisbee Throw"
Week 12	"Jumping Jam"	Jump Rope Partner Jump-Ins	Backhand Strikes
Week 13	"Luck of The Draw"	Stretching Variation 1	Backhand Strikes
Week 14	"Fitness Mashup"	Tricep Pushups	"Frisbee Throw"
Week 15	"Dice Game"	Jump Rope Partner Jump-Ins	Forehand Strikes
Week 16	"Remix Machine"	Stretching Variation 2	Backhand Strikes
Week 17	"Whistle Game"	Strength Upper Body Variation 1	Volleying
Week 18	"Slot Machine"	Jump Self Turned Rope Swing Set	Volleying
Week 19	"Fitness Party"	Stretching Variation 3	Punting Challenge
Week 20	"Jumping Jam"	Strength Lower Body Variation 1	Serving
Week 21	"Luck of The Draw"	Jump Rope Partner Jump-Ins	Serving
Week 22	"Fitness Mashup"	Stretching Variation 1	Jump for Height
Week 23	"Dice Game"	Strength Upper Body Variation 2	Volleying
Week 24	"Remix Machine"	Jump Rope Partner Jump-Ins	Serving
Week 24	"Jumping Jam"	Jump Rope Heel-Toe	Serving
	More To Come		