

Push Play PE

Sample Kindergarten Lesson Plan

Warm Up->Movement Activity->Learning Activity
WEEKLY

	Warm Up	Movement Activity	Learning Activity
Week 1	"Whistle Game"	Stretching Intro	Jumping Jacks
Week 2	"Underwater Adventure"	Walk, Jog, Run, Hop, Jump, Slide, Gallop	Create Shapes w Body
Week 3	"Fitness Party"	Jump Over a Stationary Rope	Jump Over Rope Challenge
Week 4	"Jump Around"	Stretching Variation 1	Balance
Week 5	"Luck Of The Draw"	Walk, Jog, Run, Hop, Jump, Slide, Gallop	Jumping Jacks Challenge
Week 6	"Whistle Game Remix"	Jump Over a Stationary Rope	Kick A Ball
Week 7	"Jumping Jam"	Stretching Variation 2	Balance
Week 8	"Fitness Party Remix"	Walk, Jog, Run, Hop, Jump, Slide, Gallop	Kick A Ball
Week 9	"Whistle Game"	Jump Over Rope Challenge	Create Shapes w Body
Week 10	"Underwater Adventure"	Stretching Variation 3	Strike a Balloon
Week 11	"Fitness Party"	Strength "Continuous Log Roll"	Strike a Balloon
Week 12	"Jump Around"	Jump Over a Stationary Rope	Toss A Ball to Oneself
Week 13	"Luck Of The Draw"	Stretching Variation 1	Toss A Ball to Oneself
Week 14	"Whistle Game Remix"	Strength "Upper Body" #1	Create Shapes w Body
Week 15	"Jumping Jam"	Jump Over Rope Challenge	Toss A Ball to Oneself
Week 16	"Fitness Party Remix"	Stretching Variation 2	Strike a Balloon With Arms
Week 17	"Whistle Game"	Strength "Lower Body" #1	Kick A Ball
Week 18	"Underwater Adventure"	Contrasting Speeds	Create Shapes w Body
Week 19	"Fitness Party"	Stretching Variation 3	Strike a Balloon With Feet
Week 20	"Jump Around"	Strength "Upper Body" #2	Strike a Balloon With Feet
Week 21	"Luck Of The Draw"	Jump Over a Stationary Rope	Balance on Multiple Body Parts
Week 22	"Whistle Game Remix"	Stretching Variation 1	Toss A Ball to Oneself
Week 23	"Jumping Jam"	Strength "Lower Body" #2	Create Shapes w Body
Week 24	"Fitness Party Remix"	Walk, Jog, Run, Hop, Jump, Slide, Gallop	Strike a Balloon With Hands, Arms, and Feet Combo
More To Come			