

Push Play PE

Sample 2nd Grade Lesson Plan

Warm Up->Movement Activity->Learning Activity
Weekly

	Warm Up	Movement Activity	Learning Activity
Week 1	"Slot Machine"	Stretching Intro	Jump For Distance
Week 2	"Fitness Party"	Strength Intro	Throw For Distance
Week 3	"Jumping Jam"	Jump Rope Partner Turned	Jump For Distance Challenge
Week 4	"Whistle Game"	Stretching Variation 1	Throw For Distance Challenge
Week 5	"Underwater Adventure"	Strength Intro	Kick A Slowly Rolling Ball
Week 6	"Luck Of The Draw"	Jump Rope Partner Turned	Catch A Ball Above the Waist
Week 7	"Whistle Game Remix"	Stretching Variation 2	Kick A Slowly Rolling Ball
Week 8	"Jump Around"	Strength Modified Challenge	Throw For Distance
Week 9	"Slot Machine"	Jump Rope Self-Turned	Jump For Distance
Week 10	"Slot Machine"	Stretching Variation 3	Catch A Ball Above the Waist
Week 11	"Fitness Party"	Strength Lower Body Variation 1	Jump For Distance Challenge
Week 12	"Jumping Jam"	Jump Rope Self Turned	Strike Ballon With Racket
Week 13	"Whistle Game"	Stretching Variation 1	Strike Ballon With Racket Challenge
Week 14	"Underwater Adventure"	Strength Upper Body Variation 1	Jump For Distance
Week 15	"Luck Of The Draw"	Jump Rope Partner Turned	Catch A Ball Below the Waist
Week 16	"Whistle Game Remix"	Stretching Variation 2	Strike Ballon With Racket
Week 17	"Jump Around"	Strength Lower Body Variation 2	Foot Dribble
Week 18	"Slot Machine"	Jump Rope Self-Turned (1-Foot)	Foot Dribble
Week 19	"Slot Machine"	Stretching Variation 3	Throw For Distance Challenge

Week 20	"Fitness Party"	Strength Upper Body Variation 2	Rolling
Week 21	"Jumping Jam"	Jump Rope Self-Turned (1-Foot)	Rolling
Week 22	"Whistle Game"	Stretching Variation 1	Kick A Slowly Rolling Ball
Week 23	"Underwater Adventure"	Strength Lower Body Variation 3	Foot Dribble
Week 24	"Luck Of The Draw"	Jump Rope - Self-Turned	Rolling Ball For Distance
More To Come			