

MMS Adapted Physical Education Lesson Plans
Miss Meredith Pettit
(December 7th - December 11th)

Show-Me Standards: H/PE 1, H/PE 4, 1.5, 1.10, 2.3, 2.5, 3.3, 3.6, 4.3, 4.4, 4.6, 4.7

Objectives: Students will recognize the importance of lifetime physical activity as a means to keep them healthy; students will also understand the necessity to maintain personal hygiene as part of their overall wellness.

*Students will warm up every day by stretching in a half circle around the teacher; a new student will be our stretch leader each day and will count aloud each stretch that we do for a total of ten seconds.

- Toe touches
- Right over left toe touches
- Left over right toe touches
- Forward arm circles
- Backward arm circles
- Arm extensions
- Jumping jacks (ten)
- Sit-ups/crunches (ten)
- The leader will introduce a new stretch/exercise to the class.

*Students will walk/jog eight laps around the outside of the gymnasium.

*The remaining several minutes of each class period will be devoted to hygiene; students will take their caddies to the restrooms and will wash their hands/faces, will put deodorant on, will brush their teeth, etc.

Monday: Students will begin class by playing a game of "red light"/"green light" to warm up. Students will then participate in a bowling competition in the gym; they will be divided into teams and will bowl using plastic pins. They will practice keeping track of their points by reviewing how to correctly keep the score while bowling.

Tuesday: Students will review basketball skills today. They will participate in drills practicing how to properly dribble, pass, and shoot the ball. Students will also learn the basic rules/regulations of basketball.

Wednesday: Students will participate in a game of dribble line tag to review their dribbling skills. Students will then participate in a game of knock out to practice shooting while using the correct form. Students will then participate in a modified game of basketball.