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|  | Monday (Apr. 17) | Tuesday (Apr. 18) | Wednesday (Apr. 19) | Thursday (Apr. 20) | Friday (Apr. 21) |
| ND Standard | Standard 1,2,3,4,5 | Standard 1,2,3,4,5 | Standard 1,2,3,4,5 | Standard 1,2,3,4,5 | Standard 1,2,3,4,5 |
| Topic | Jump rope | Jump rope | Jump rope | Jump rope | Jump rope |
| Objectives | SWBAT Demonstrate rhythm with body movement and coordinated jumps | SWBAT Demonstrate rhythm with body movement and coordinated jumps | SWBAT Demonstrate rhythm with body movement and coordinated jumps | SWBAT Demonstrate rhythm with body movement and coordinated jumps | SWBAT Demonstrate rhythm with body movement and coordinated jumps |
| Bellringer | Warm Ups | Warm Ups | Warm Ups | Warm Ups | Warm Ups |
| Lesson Plan | * Students mimic the rhythm of jumping rope without the rope
 | * Students mimic the rhythm of jumping rope without the rope
 | * Students begin to learn how jump rope with two people holding the rope
 | * Students begin to learn how jump rope with two people holding the rope
 | * Students work on jumping rope independently with their own rope
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