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|  | Monday (Dec. 12) | Tuesday (Dec. 13) | Wednesday (Dec. 14) | Thursday (Dec. 15) | Friday (Dec. 16) |
| 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 | Basic Gymnastics | Basic Gymnastics | Basic Stretching | Basic Stretching | Basic Stretching |
| Objectives | SWBAT Use a variety of locomotor movements to travel  with balance at various speeds | SWBAT Use a variety of locomotor movements to travel  with balance at various speeds | SWBAT Practice managing stress with physical activity | SWBAT Practice managing stress with physical activity | SWBAT Practice managing stress with physical activity |
| Bellringer | Warm-ups | Warm-ups | Warm-ups | Warm-ups | Warm-ups |
| Lesson Plan | * Leaps and Bounds * (Instructions printed out) | * Leaps and Bounds * (Instructions printed out) | * Brr… I am Cold * (Instructions printed out) | * Fast to Slow * (Instructions printed out) | * Make your shape * (Instructions printed out) |