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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 travelwith balance at various speeds | SWBAT Use a variety of locomotor movements to travelwith 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)
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