	Monday (Dec. 5)	Tuesday (Dec. 6)	Wednesday (Dec. 7)	Thursday (Dec. 8)	Friday (Dec. 9)
ND	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
Standard					
Topic	Basic Gymnastics	Basic Gymnastics	Basic Gymnastics	Basic Gymnastics	Basic Gymnastics
Objectives	SWBAT Keep muscles	SWBAT Keep muscles	SWBAT Use a variety	SWBAT Use a variety	SWBAT Use a variety
	tight while trying a	tight while trying a	of locomotor	of locomotor	of locomotor
	variety of	variety of	movements to travel	movements to travel	movements to travel
	different balances	different balances	with balance at various	with balance at various	with balance at various
			speeds	speeds	speeds
			- T	T T T T T T T T T T T T T T T T T T T	
Bellringer	Warm-ups	Warm-ups	Warm-ups	Warm-ups	Warm-ups
Lesson	Balance Tag	Balance Tag	Leaps and	Leaps and	Leaps and
Plan	• (Instructions	• (Instructions	Bounds	Bounds	Bounds
	printed out)	printed out)	• (Instructions	• (Instructions	• (Instructions
	F	F	printed out)	printed out)	printed out)
			r,	r,	Γ,