

	Monday (Dec. 5)	Tuesday (Dec. 6)	Wednesday (Dec. 7)	Thursday (Dec. 8)	Friday (Dec. 9)
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 Gymnastics	Basic Gymnastics	Basic Gymnastics
Objectives	SWBAT Keep muscles tight while trying a variety of different balances	SWBAT Keep muscles tight while trying a variety of different balances	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 Use a variety of locomotor movements to travel with balance at various speeds
Bellringer	Warm-ups	Warm-ups	Warm-ups	Warm-ups	Warm-ups
Lesson Plan	<ul style="list-style-type: none"> • Balance Tag • (Instructions printed out) 	<ul style="list-style-type: none"> • Balance Tag • (Instructions printed out) 	<ul style="list-style-type: none"> • Leaps and Bounds • (Instructions printed out) 	<ul style="list-style-type: none"> • Leaps and Bounds • (Instructions printed out) 	<ul style="list-style-type: none"> • Leaps and Bounds • (Instructions printed out)