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|  | Monday (May 1) | Tuesday (May 2) | Wednesday (May 3) | Thursday (May 4) | Friday (May 5) |
| 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 | Healthy lifestyles | Healthy lifestyles |
| 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 Identify ways to maintain a healthy lifestyle | SWBAT Identify ways to maintain a healthy lifestyle |
| Bellringer | Warm Ups | Warm Ups | Warm Ups | Warm Ups | Warm Ups |
| Lesson Plan | * 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 in pairs while two people are swinging the rope
 | * Students will play bean bag bandages
* Instructions will be printed out
 | * Students will read a story and identify which aspects of the book are examples of living a healthy life
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