**Five Lesson Plan Ideas:**

**1. Hot Potato Tag**

This activity would be great to use for a class of my own one day because it is a fun activity for kids to play while working on their throwing and catching skills. Instead of having a lesson on how to properly throw a ball followed by a boring old drill activity repeatedly, students can work on their throwing and catching skills while playing a competitive game with their peers. Not only do students work with partners to practice throwing and catching, but also get their heart rate up by running around to tag people if they are holding the ball when the music stops. It is also a competitive game, which always more enticing for kids.

**Citation:**  Elliot, E. (2001, November 2). 3-5 PE Lesson Ideas. Retrieved December 4, 2014, from http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=734#.VH-rIyiRnww

**2. My Pedometer Steps**

I really liked this lesson plan because it incorporates pedometers into the classroom setting. Pedometers are really fun to work with, especially for younger kids. This lesson will not only show students how to use them, but it will encourage them to be physically active. Kids love playing games and having competitions with one another. Through this activity, they could use pedometers as a game, trying to beat their other classmates in taking the most steps. While participating in their game, they are getting a great workout by keeping their bodies moving.

**Citation:** Milliren, D. (2012, April 23). K-2 PE Lesson Ideas. Retrieved December 2, 2014, from <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=11795#.VH3LbyiRnwx>

**3. Nutrition Scooter Relay**

I found this activity to be very exciting and creative as well as educational. Students will learn how to correctly identify food from the six different food groups in the food pyramid. Not only will they learn about the different food groups and the importance of which food groups they should eat more of, they are also working on their teamwork and positive sportsmanship skills. This activity involves group relay races amongst classmates. Students have to learn to work with their group members by filling in which food item goes to which food group, while also competing against other teams in the class. Kids love playing with scooters, so not only will they have fun playing this game, but they will also learn some life-long valuable information about eating right.

**Citation:** Swedberg, M. (2010, May 29). Health Lesson Ideas. Retrieved December 2, 2014, from <http://www.pecentral.org/LessonIdeas/ViewLesson.asp?ID=10080#.VH0vxCiRnww>

**4. Fitness Obstacle Course**

I really like this activity because it incorporates a wide range of fun fitness activities for students to do such as jumping rope, crunches, agility, stretching, jumping up on boxes, etc. This activity shows students that fitness can be a lot of fun by providing them with fun and creative ways of getting their heart rate up, rather than just running/jogging. For example, one of the stations requires students to hop through hula-hoops using one leg. This activity is a lot of fun and keeps students moving for an extended period of time while also working on their cardiovascular endurance.

**Citation:** Hopple, C. (2001, March 23). 3-5 PE Lesson Ideas. Retrieved December 4, 2014, from <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=674#.VH-8ByiRnww>

**5. Math Dance**

This activity is great because it incorporates both math and physical activity into the classroom environment. I really like this lesson in particular because it is a creative and catchy way for students to remember the characteristics for obtuse, right and acute angles. Turning math information into some sort of music/dance helps students memorize information quicker because it is something catchy they can sing along to in their head. It is also a way for students to use their creative imaginations and come up with dance moves for the song. Not only does it help them with their math concepts, it also keeps them physically active because they are coming up with dance moves to a math song on angles.

**Citation:** Wright, B. (2010, May 25). Classroom Teacher Integrated. Retrieved December 4, 2014, from <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10000#.VH--oSiRnww>