

TK Sample Lesson

Spatial & Directional Awareness (Days 14 - 20)

Day 18a: “Treasure Hunt Directions”

Time: 15 minutes

Objective: Follow multi-step directional cues to locate objects.

PTKLF Alignment: 2.3 Directional Understanding, 2.5 Object Locations

Equipment Needed: Small “treasures” (beanbags, toys, laminated pictures), basket for collections.

Set Up: Hide treasures in visible but varied locations near cones (or other types of equipment).

Play: Give simple directional clues to find treasures.

For example, find a treasure under a cone, beside a cone, behind a cone etc.

Children collect and return them to a basket.

Parting Thoughts: “What clue helped you find your treasure?” “Did your classroom teacher use any directional cues in class today?”

Kindergarten Sample Lesson

Locomotor Skills

Day 2a: “Peanut Butter & Jelly”

Time: 15 minutes

Objective: Introduce running and backward jumping through imaginative travel.

PTKLF Alignment: 1.6 Varied Locomotor; 2.2 Spatial Awareness

Equipment Needed: Three lines on floor or made with floor tape or chalk, long enough for all students to stand on at one time.

Set Up: Designate one line as peanut, one as butter, and one as jelly.

Play: Review running and safety precautions for stopping under control.

Teacher calls “Peanut!” and students run to the peanut line, then “Butter!” they do the same, then “Jelly!” and students move to the jelly line.

Then, mix up the order of lines called.

Last, review previous locomotor skills and play a “tiptoe game,” then a “galloping game.”

Optional: Designate how to move to the line, “Slide to jelly!”

Parting Thoughts: “Did you move without falling down a lot today?” “Why is that important?”

Grades 1-2 Sample Lessons

Object Control Manipulatives (Days 6-10)

Day 10a: “Jump Rope River”

Time: 30 Minutes

Objective:

Students will demonstrate jumping and landing control, develop coordination and balance, and work cooperatively in small teams while completing a progressive challenge.

National PE Standards Alignment:

Standards 1, 2, 3, 4

Equipment:

2 jump ropes per group

Poly spots for start lines

Set Up:

Divide students into small teams of 4–5 players. Each group gets 2 jump ropes.

Lay the jump ropes parallel on the ground about 2 feet apart to create a 'river'.

Place a poly spot for each group where players line up to start.

Play:

Players line up behind their team’s poly spot.

One at a time, players attempt to jump across the river without landing inside.

After jumping, they move to the other side and wait for teammates.

When all teammates successfully cross, widen the river by moving ropes one foot apart.

Continue increasing the distance after each successful round.

If a player lands in the river, they return to the start and try again.

Teams try to see how wide a river they can successfully jump.

Parting Thoughts:

What helped you jump farther across the river?

How did you control your landing?

What strategy helped your team succeed?

How did the challenge change as the river got wider?

What would you try differently next time?

Grades 3-4 Sample Lessons

Cooperation Teambuilding - Week 3 (Days 11-15)

Day 11a: *“Ultimate Satryan”*

Time: 30 Minutes

Objective: Children will demonstrate control while tossing, catching, and striking a Satryan ball.

National PE Standards Alignment:

Standards 1, 2, 3, 4

Equipment: Satryan balls (1 per child, then 1 per small group/team).
Super Straps (2 team colors)
Cones (for boundaries)
Wall space with large targets or imaginary targets (floor to high reach, about width of a mat).

Set Up: Define a large playing area.
Mark wall target zones.
Children will work individually first then with partners and small groups.

Remind children how to keep equipment quiet when instructor is talking.

Play:

Individual Skill Practice

Children practice with their own ball:

Toss up then catch.

Bounce then catch.

Skip the ball across floor (like “skipping it across water”)

Toss then bounce off the head, thigh, and or foot, (Juggling).

Toss then kick softly upward. (Be aware of others nearby).

Toss/Throw to a target, or the wall.

Partner Skills

Partners practice:

Toss and catch

Bounce and catch

Frisbee-style throw and catch

Step back one step after a catch

Small Group Passing

Groups of 3–4:

Pass ball around group.

Count successful passes.

Add Challenge:

Must move after passing to open space.

Increase passing speed.

Wall Target Practice

Children practice:

Throwing Satryan ball at the wall/ a target.

Children practice passing to teammates then throwing it to the wall or a target.

Pass & Score

Set up:

Divide into 2 teams.

Each team wears a Super Strap to determine team color.

Split playing area into two halves and determine a wall or target goals at both ends of activity area.

Play:

Teams move within the activity area boundaries passing the ball.

Goal: Complete 3 successful passes

Then, throw the ball at the wall or target on your team's side to score.

Running with the ball is not allowed in first few rounds.

Children need to move to open space to catch a pass.

Rules: Children must complete 3 passes before scoring.

Ball must hit target area to score.

Option: Allow traveling with the ball after completing passes

Add flags on Super Straps and defense players can pull flags from to get the ball for their team.

If flag is pulled the player must give ball to the other team, then put their flag back on.

Add a Goalie:

One player per team can allow a goalie to guard the wall/goal area, attempting to block a scoring throw.

Rotate roles (passer, defender, goalie) frequently.

Parting Thoughts:

What helped your team complete successful passes?

What made passing easier or harder?

How did defense change the game?

How did your team work together to score?

Grade 5 Sample Lesson Plans

5th Grade Week 3 Team Building & Cooperation

Day 13b: “Cross Over” (Super Straps)

Time: 30 Minutes

Objective: Children will move safely while dodging and fleeing, demonstrate spatial awareness and timing while crossing into opposing territory, work cooperatively with teammates.

National PE Standards Alignment:

Standards 1, 2, 3, 4

Equipment: Super Straps with flags (2 team colors).

Designated 6x6 square areas on both end zones (using chalk, poly spots, tape, or mats).

End lines or boundaries.

Center line dividing playing area into two halves.

Set Up: Divide playing area into two halves:
One side is the red side.
The other side is the blue side.

Create a 6x6 square “safe zone” with poly spots/cones or chalk at each team’s end.

Split children into two teams: (Red team and blue team).

Each child wears a Super Strap with a flag of their team color.

Teams begin on opposite sides.

Review with the children:

Safe movement to avoid bumping into others.

Play:

Round 1 “Safe Crossing” (5–7 min): (No Tagging)

On “GO,” both teams:

Try to cross into the opposite side to reach the team square safely.

No flag pulling yet.

Focus on safe movement, timing, and pathways.

Round 2 “Flag Pull & Return”:

Same objective: Cross over the middle and get to the team safe square.

If a flag is pulled:

The player who pulls it drops the flag.

Tagged player picks up and holds it up in the air and must return to their home side.

They try again to reach the opposite square.

Round 3 “Crossover Rescue” (10–12 min):

Same crossing objective: Teams try to get all players to the opposite square.

If a flag is pulled:

Player must:

Sit down where they were tagged.

Hold their flag up for team help.

Rescue Rule:

A teammate must:

Connect with them (hold onto their flag together)

Walk them back to their home side

Important Rule:

Players helping a teammate:

CANNOT be tagged.

Winning the Round:

First team to get all players into their safe square wins.

Game Flow:

Play multiple rounds.

Switch strategies and roles.

Encourage teamwork and communication.

Parting Thoughts:

What helped you get across safely?

How did your team work together to help others?

What strategy helped your team win the round?

How did you stay safe while moving through others?

Grades 6-8 Sample Lesson Plans

MS Week 3: Team Sport

Day 12a: “Mini Mat Mirrors”

Time: 30 minutes

Objective: Children will improve fitness, teamwork, and coordination by completing exercises and mirroring movements while working together in a relay-style challenge.

Equipment: Fitness Xtreme Skillastics® Mini Mats
6 dice
6 beanbag markers

Set-Up: Divide children into 6 teams and have them line up at one end of the activity area.

Place one mini mat directly across from each team.

Put a die and beanbag marker on the matching color start spot (runner silhouette) on each mat.

Warm-Up-Mirror Moves: Children partner up.

One child leads simple movements (jumping, squats, arm circles).

The other child mirrors the movements.

Switch roles.

Play: On the instructor’s signal, the first child in line runs to their team’s mini mat.

The child rolls the die and moves the beanbag marker the number of spaces rolled.

The child performs the activity for the number of repetitions assigned by the instructor:

Blue = beginner

Red = intermediate

Green = advanced

While the child is completing the activity:

The entire team mirrors the same movement.

When finished:

The child runs back and tags the next teammate.

The next child repeats the process.

Winning the Game:

The first team where every child completes a turn wins.

Challenges:

Double Round: Each child goes twice

Speed Round: Run faster between turns

Silent Mirror: No talking—must watch closely

Reverse Order: Last person goes first.

Parting Thoughts:

How did mirroring your teammate help you stay engaged?

What helped your team work together during the relay?

Which activity was the most challenging and why?

What would you do differently next time to help your team succeed?