PE Lesson Plan: March

Theme: Special Olympics practice

1. Warm up.
   1. Warm-up word: R-A-C-I-N-G
      1. Stepping over/jumping on a folded up mat
      2. Bicep curls/shoulder press/overhead tricep extension with resistance band
2. Stations: Track and field
   * 1. Running practice. To the end of the gym, touch the wall, and back
     2. Softball throw (how far can you throw the ball)
     3. Stationary jump
3. Alternative stations: Softball skills
   * 1. Striking a ball from a tee
     2. Running the bases
     3. Fielding a ground ball
     4. Softball throw
4. Cooperative games:
   * 1. Parachute or “what time is it, Mr Fox?”