



Physical Education Lesson Plans for Classroom Teachers, Kindergarten-3rd grade

Carol Jahan

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This is a curriculum guide that helps the classroom teacher provide a quality physical education program for Kindergarten-3rd grade students. It is sequential through the school year, and standards based. Standards are listed by description, so they can be easily applied to any state or national standard. The overview of the program for the school year allows the teacher to plan ahead and sequence activities. Grade level is indicated for each activity. This is not just a collection of activities or games. Each lesson is in sequence and activities are described clearly, yet simply. Each lesson includes fitness activities, skills development, and concepts. The teacher can follow the program exactly and reduce planning time dramatically. The program is adaptable to local situations and available equipment. The teacher can include other activities as desired, while maintaining the sequence and effectiveness of the program. The User's guide gives directions for how to use the book, organizational tips, class management techniques, motivational strategies for children, and ways to reduce the competition, and promote cooperation and respect for differences. There is no other book like this book, because it is the whole program, as taught by a specialist, with all the years of experience and tried and true activities that are fun for children, yet simple and easy for the classroom teacher to effectively organize and teach. The expert is in the book, and provides many details for effectively planning and managing physical education. Children need fitness and movement activities to learn better and stay healthy. This is a concrete way for the classroom teacher to provide a quality program, without specialized training. The planning has been done already. All you need is the book.

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