First Day of PE Lesson Plan
Submitted by Jackie Parker, Highland Park Elementary

Equipment needed: A red poly spot, a book called, “The PE Teacher from the Black Lagoon” (you can get the book from the school library), a magical coloring book, rules posters (copied and laminated), whistle, stickers for prizes.

Prep: Have a sign outside the door of your GYM that says something like: “Instant Activity: Partner Jumping Jacks and Skipping”

WELCOME to PE!
Today in PE you get to learn the Rules and play a name game.
Instant Activity: Go inside gym find a space and a partner. Do 25 partner jumping jacks, counting out loud and then skip along the BLACK lines for 3 laps. If you don’t have a partner, stand on my RED DOT.

Buy a magical coloring book one that shows color on one side and blank pages on the other side.

Make 8 ½ x 11 posters of rules you want them to understand: Copy on cardstock and laminate so they will last.
Sign examples: Stop look and listen when the whistle blows
Wear tennis shoes to PE
Good sportsmanship
Follow the rules
Treat the equipment with respect
Participation

Lesson plan: Meet each class outside of the gym door and show them the sign. Tell the students and teacher that each week the sign will be out here and they must read it before going into the gym so they know what they are going to be doing that day and what to do for the instant activity. Ask the teachers of the younger students to help them to read it. By the end of the year all 1st graders can read the board by themselves.
*I only change the board once a month, so it’s not too much work!
This is a perfect way to not waste one second of PE: I have one class leaving and one class coming in and getting busy right away. While the students are doing the instant activity, look for those students who don’t know how to skip and quickly teach them how.

After the instant activity, show the students what a plank position looks like and then have them do the plank. While they are in the plank position, introduce yourself. (Have them hold the plank position for about 10 seconds. Each week for the first month, add another 5-10 seconds onto the time to hold the plank.) This prepares them for doing perfect push-ups next month.

Have the students gather around as you read them the book, “The PE Teacher from the Black Lagoon!” The young students will especially enjoy the book.

Then blow your whistle. Explain that when the whistle blows they must STOP/LOOK and LISTEN, because they are about to get instructions. Do this while holding up the laminated, cardstock rules sign. Then say, “Let’s practice. Everyone jog around the gym but when you hear the whistle STOP/LOOK at my EYES and LISTEN, which means, you are not talking.”

Here are some of the basic locomotors you can practice using the whistle for:
Watch the students to discover which activities they need to practice.
Skipping
Speed walking
Slow jog
Sprinting
Hopping
Jumping
Galloping

Then get out the magical coloring book and say, while showing them the bright vibrant colors, “If you STOP/LOOK and LISTEN when the whistle blows, you are going to have a BRIGHT, FUN and EXCITING time in PE this year!!! But if you don’t, then it will be boring, and dull.” Say this while showing them the other side of the coloring book! The students are WOW’d that the pages go from bright and colorful to a blank page.
Next, have the students play a **name game**.

When there are 3 minutes left of class, have the students circle around, and stretch out the triceps muscle while telling them what the triceps muscle it is and what it just helped us to do; throwing the ball underhand and catching the balls. We hold the stretches for a minimum of 20 seconds to get the maximum effect. Then we go to the other arm and stretch the same muscle out. Ask, “Who knows what muscle we’re stretching?” The first one to answer correctly gets a sticker! Then stretch and talk about the biceps muscles. As class is ending, have the students pick up the equipment and line up at the EXIT DOOR to wait for their teacher and you can go to the ENTRANCE DOOR to meet the next class and do it all again.