

Physical Education
Lesson Planning Form

IF YOU WANT TO SKIP TO THE DIRECTIONS SCROLL TO THE BOTTOM

I. Major Topic: Red Light, Green Light **Grade Level:** Pre-K-2

II. Materials: Cones

III. PE Standards:

Standard 4: Exhibits responsible, personal and social behavior that respects self and others.

Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

IV. Objective(s):

By the end of the lesson, the students will:

- **Listen** and **follow directions** from a fellow student by playing red light, green light.

V. Procedures:

Steps/Learning Activities/Differentiated instruction

1. Attendance
2. Warm-up
 - a. Wall sit for 30 seconds
 - b. 10 wall jumps
 - c. 10 squats
 - d. 10 line jumps

3. Red Light, Green Light Directions

- One student is chosen to be the stop light and they go to the end line of the gym.
- All of the other students line up on the opposite end line waiting for directions from the stop light.
- If the stop light says “green light” the students move towards the stop the light.
- If they say “red light” the students are supposed to stop and not move.
- If the stop light person catches someone moving when they say “red light” that person is out. When this student gets out, there are jump ropes and skip it’s out for them to use while they are waiting for the next round to begin.
- The goal of the game is to be the first person to make it to the stop light and tag them before the other students.