

Lesson plans for Coach Guinee's Modified PE classes: This lesson is designed for Elementary, Middle, and High School students:

Goal: Get up and move any way you can

1. **STRETCH:** We stretch every day, in every class I teach. You can use any type you want.
5 minutes, just to warm the whole body up.
2. **DANCE:** Pick 5 of your favorite songs, and just dance. Items I use to motivate my students: Colorful scarfs, bells, balancing bean bags, balancing feathers, etc..
15 minutes of fun
3. If you have access to the internet, you can also use the following links to give them visual clues: gonoodle.com; go to youtube.com and try "Just Dance", or "Yoga for kids!"



Adapted PE Standards:

- physical and motor skills
- fundamental motor skills and patterns (throwing, catching, walking, running, etc)
- skills in aquatics, dance, and individual and group games and sports (including intramural and lifetime sports)