**Mr. Laarman Physical Education Lesson Plan**

Week of: 1/23/17 Unit: Basketball

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Setting | Gym | Gym | Gym | Gym | Gym |
| Materials | Locks | Testing forms | Basketballs | Basketballs | Basketballs |
| Warmup | 1. Introduce the class 2. Hand out locks | Pacer test, sit-up test | Free-Range: Jog, skip, gallop, kangaroo hop, animal of choice | In place: jumping jacks, front jacks, mountain climbers, burpees | Line run: jog, slalom hops, in in out out, carioca, wobble run |
| Fitness |  |  | Bend and twist, pushup lead-ups (p. 264), ab strength lead-ups, down-dog, up-dog | Quads, hamstrings, hip flexors, walking lunge, crab walk, partner knee bend, partner back builder, partner pullups, sunrise and sunset (p. 279) | Calf, side lunge, leg across, squats, pushups, planks, side planks with arm up, up-cats, down-cats. |
| Skill Work |  |  | 1. Around the body drills 2. Dribbling in place 3. Dribbling across the gym | 1. Around the body drills 2. Dribbling in place 3. Dribbling across the gym 4. Shooting form in place 5. Shooting practice | 1. Around the body drills 2. Dribbling in place 3. Dribbling across the gym 4. Shooting form in place 5. Shooting practice 6. Partner Passing |
| Game Play |  |  | Around the World | Twenty one | Twenty one |

Wisconsin State Physical Education Standards

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction