**Mr. Laarman Physical Education Lesson Plan**

Week of: 1/30/17 Unit: Basketball

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Setting | Gym | Gym | Gym | Gym | Gym |
| Materials | Basketballs | Basketballs | Basketballs | Basketballs | Basketballs |
| Warmup | Walk, trot, jog, arm circles | Cross the gym: run, crab walk, slide, bear crawl | 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 | Seated static stretch, crab kick, crab extension, pelvis tilter, Russians, tree pose | Pushup position knee twist, treadmill, rolling ball, stretch with knee sway (p. 281), fish (p. 280) | Bend and twist, pushup lead-ups (p. 264), ab strength lead-ups, down-dog, up-dog | Quads, hamstrings, hip flexors, walking lunge, 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. Defensive stance and movement
2. Around the body drills
3. Dribbling in place
4. Dribbling across the gym
5. Shooting form in place
6. Shooting practice
 | 1. Defensive stance and movement
2. Around the body drills
3. Dribbling in place
4. Dribbling across the gym
5. Shooting form in place
6. Shooting practice
7. Partner Passing
 | 1. Defensive stance and movement
2. Around the body drills
3. Dribbling in place
4. Dribbling across the gym
5. Shooting form in place
6. Around the world
7. Partner Passing
8. Layup lines
 | 1. Defensive stance and movement
2. Around the body drills
3. Dribbling in place
4. Dribbling across the gym
5. Shooting form in place
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 | 1. Defensive stance and movement
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4. Dribbling across the gym
5. Shooting form in place
6. Around the world
7. Partner Passing
8. Layup lines
 |
| Game Play | 21 | Lightning | Three on three | Three on Three | Three on three |

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