**Mr. Laarman Physical Education Lesson Plan**

Week of: 9/12/16 Unit: Football

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| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Setting | Outside | Outside | Outside | Outside | Outside |
| Materials | Footballs | Footballs | Footballs | Footballs | Footballs |
| Warmup | Walk, trot, jog, arm circles | 4-corners: run, forward roll, 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 | Rolling ball, stretch with knee sway (p. 281), pushup position knee twist, tripod, headstand, fish (p. 280) | Bend and twist, pushup lead-ups (p. 264), ab strength lead-ups, treadmill (p. 275), 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, pushups, planks, side planks with arm up, squats, tree pose, up-cats, down-cats. |
| Skill Work | Throwing and catching practice |  |  |  |  |
| Game Play | Football game | Football game | Football game | Football game | Football game |

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