**Mr. Laarman Physical Education Lesson Plan**

Week of: 5/30/17 Unit: Fitness Testing

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|  | Tuesday | Wednesday | Thursday | Friday |
| Setting | Gym | Gym | Gym | Gym |
| Materials | Testing forms | Basketballs, testing forms | Basketballs | Basketballs |
| Warmup | 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. |
| Game Play |  | Basketball; pushup and sit and reach tests | Basketball; pushup and sit and reach tests | Testing make-up; vote on 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