**Mr. Laarman Physical Education Lesson Plan**

Week of: 9/1/16 Unit: Introduction

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|  | Thursday | Friday |
| Setting | Gym | Gym |
| Materials | SyllabusLocks | ConesLaptopSound systemClip boardsPacer test score sheetsPencils  |
| Procedure | 1. Introduce the purpose of the class: the pursuit of happiness
2. Cover syllabus, class procedures
3. Distribute locks
 | Administer “Pacer” cardiorespiratory endurance test  |

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.