**Mr. Laarman Physical Education Lesson Plan**

Week of: 12/5/16 Unit: Speedball

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Setting | Gym/Weight Room | Gym/Weight Room | Gym | Gym/Weight Room | Gym/Weight Room |
| Materials | Soccer Ball | Soccer Ball | Soccer Ball | Soccer Ball | Soccer Ball |
| Procedure | 1. Warmup jog 2. Speedball game/ weightlifting (bench, military, triceps) | 1. Dynamic warmup 2. Speedball game/ weightlifting (single-leg squat, row machine, shrugs/calf raises) | 1. Warmup jog 2. Speedball | 1. Dynamic warmup 2. Speedball game/ weightlifting (DB bench, Incline, 3-way shoulder raise) | 1. Warmup jog 2. Speedball game/ weightlifting (3-way lunges, planks, Lat pulldowns/pullups) |

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.