**Mr. Laarman Physical Education Lesson Plan**

Week of: 1/3/16 Unit: Whiffle Ball

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| --- | --- | --- | --- | --- |
|  | Tuesday | Wednesday | Thursday | Friday |
| Setting | Gym/Weight Room | Gym | Gym/Weight Room | Gym/Weight Room |
| Materials | Whiffle Ball equipment | Kickball | Whiffle Ball equipment | Whiffle Ball equipment |
| Procedure | 1. Dynamic warmup 2. Whiffle Ball game/ weightlifting (Lift of your choice) | 1. Warmup jog 2. Crazy kickball | 1. Dynamic Warmup 2. Whiffle Ball game/weightlifting (Bench press, military, triceps) | 1. Warmup jog 2. Whiffle Ball game/ weightlifting (Squat, row machine, wall sits/planks) |

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.