**Mr. Laarman Physical Education Lesson Plan**

Week of: 1/9/16 Unit: Whiffle Ball/Fitness Testing

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|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Setting | Gym | Gym (set up in stations) | Gym | Gym/Weight Room | Gym/Weight Room |
| Materials | Cones  Laptop  Sound system  Clip boards  Pacer test score sheets  Pencils | * Floor mats * Curl-up measurement strips * Sit and reach box * Rulers * Fitness test score sheets | Kickball | Whiffle Ball equipment | Whiffle Ball equipment |
| Procedure | Administer “Pacer” cardiorespiratory endurance test | Student partnerships perform the curl up, 90 degree pushup, sit and reach, and trunk lift fitness tests. | 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.