**Mr. Laarman Physical Education Lesson Plan**

Week of: 9/6/16 Unit: Football

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| --- | --- | --- | --- | --- |
|  | Tuesday | Wednesday | Thursday | Friday |
| Setting | Gym (set up in stations) | Playing Field/Weight Room | Playing Field/Weight Room | Playing Field/Weight Room |
| Materials | * Floor mats
* Curl-up measurement strips
* Sit and reach box
* Rulers
* Fitness test score sheets
 | Footballs, cones, weightlifting forms | Footballs, cones | Footballs, Cones |
| Procedure | Student partnerships perform the curl up, 90 degree pushup, sit and reach, and trunk lift fitness tests. | 1. Warmup jog
2. Explanation of class setup: weightlifting and sports
3. Touch football game/weightlifting (switch halfway through)
 | 1. Dynamic warmup
2. Touch football game/weightlifting
 | 1. Warmup jog
2. Air force football game/weightlifting
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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.