**Mr. Laarman Physical Education Lesson Plan**

Week of: 1/23/17 Unit: Basketball

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| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Setting | Gym | Gym | Gym | Gym/Weight Room | Gym/Weight Room |
| Materials | Locks | ConesLaptopSound systemClip boardsPacer test score sheetsSit and reach boxPencils  | Basketballs | Basketballs | Basketballs |
| Procedure | 1. Introduce the purpose of the class: the pursuit of happiness
2. Cover rules
	* Gum
	* Water bottles
	* Using equipment
	* Phones
3. Distribute locks
 | Administer fitness test to students new to the class  | 1. Warmup jog
2. Basketball games: student choice (games, lightning, 21)
 | 1. Dynamic warmup
2. Basketball game/weightlifting (Chest, shoulders, tri’s)
 | 1. Warmup jog
2. Basketball game/weightlifting (Legs, back, biceps, abs)
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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.