**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 | Cones  Laptop  Sound system  Clip boards  Pacer test score sheets  Sit and reach box  Pencils | 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) |

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.