**Mr. Laarman Physical Education Lesson Plan**

Week of: 4/3/17 Unit: Dodgeball/Speedball

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Setting | Gym/Weight Room | Gym/Weight Room | Gym | Gym/Weight Room | Gym/Weight Room |
| Materials | Dodgeballs | Soccer Ball | Dodgeballs | Soccer Ball | Dodgeball |
| Procedure | 1. Dynamic Warmup 2. Trench Dodgeball game/weightlifting (Chest/Shoulders/Triceps) | 1. Jog 2. Speedball game/weightlifting (Legs/Back/Biceps) | 1. Dynamic Warmup 2. Dodgeball (vote on type) | 1. Jog 2. Speedball game /weightlifting (Chest/Shoulders/Triceps) | 1. Dynamic Warmup 2. Returns dodgeball |

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.