**Mr. Laarman Physical Education Lesson Plan**

Week of: 5/30/17 Unit: Whiffle Ball/Fitness Testing

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| --- | --- | --- | --- | --- |
|  | Tuesday | Wednesday | Thursday | Friday |
| Setting | Gym (set up in stations) | Gym | Gym | Gym |
| Materials | * Floor mats * Sit and reach box * Fitness test score sheets | Cones  Laptop  Sound system  Pacer test score sheets  Pencils |  |  |
| Procedure | Student partnerships perform the sit up 90 degree pushup and sit and reach tests | Administer “Pacer” cardiorespiratory endurance test | Students vote on game | 1. Clear out lockers 2. Students vote on game |

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.