**Mr. Laarman Physical Education Lesson Plan**

Week of: 9/12/16 Unit: Football

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| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Setting | Playing Field/Weight Room | Playing Field/Weight Room | Playing Field/Weight Room | Playing Field/Weight Room | Playing Field/Weight Room |
| Materials | Footballs, cones | Footballs, cones | Footballs, cones | Footballs, cones | Footballs, Cones |
| Procedure | 1. Warmup jog 2. Touch football game/weightlifting (bench, DB incline, triceps) | 1. Dynamic warmup 2. Touch football game/weightlifting (squat, lawn mowers, upright rows) | 1. Warmup jog 2. Touch football game/weightlifting (military press, curls, shoulder raises) | 1. Dynamic warmup 2. Touch football game/weightlifting (incline bench, DB bench, triceps) | 1. Warmup jog 2. Air force football game/weightlifting (lunge, lat pulldowns/rows, wall sits) |

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.