**Mr. Laarman Physical Education Lesson Plan**

Week of: 10/3/16 Unit: Ultimate Frisbee

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| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Setting | Gym/Weight Room | Gym/Weight Room | Playing Field | Gym/Weight Room | Gym/Weight Room |
| Materials | Frisbees | Frisbees | Frisbees, cones | Frisbees | Frisbees |
| Procedure | 1. Warmup jog
2. Ultimate Frisbee game/weightlifting (bench, DB incline, triceps)
 | 1. Dynamic warmup
2. Ultimate Frisbee game/weightlifting (squat, lawn mowers, upright rows)
 | 1. Warmup jog
2. Ultimate Frisbee Game
 | 1. Dynamic warmup
2. Ultimate Frisbee game/weightlifting (incline bench, DB bench, triceps)
 | 1. Warmup jog
2. Ultimate Frisbee game/weightlifting (lunge, lat pulldowns/curls, wall sits)
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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.