**Mr. Laarman Physical Education Lesson Plan**

Week of: 1/27/25

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Setting | Big Gym | Big Gym | Elementary Gym and Weight Room | Big Gym | Elementary Gym and Weight Room |
| Materials | Mats | Badminton Equipment | Frisbee | Badminton Equipment | Football |
| Procedure | Teach, practice the warmup  Complete pushups and sit-ups testing | Badminton | ½ the class in the gym playing Ultimate Frisbee, the other half in weight room lifting. | Badminton | ½ the class in the gym playing Air Force Football, the other half in weight room lifting. |

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.