**Mr. Laarman Physical Education Lesson Plan**

Week of: 1/22/24

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday  | Thursday | Friday |
| Setting | Classroom | Gym | Gym  | Weight Room/Small Gym | Weight Room/ Small Gym |
| Materials | Locks | Cones, laptop | * Floor mats
* Sit and reach box
* Fitness test score sheets
 | Basketball | Frisbee |
| Procedure | Discuss the upcoming semester.* What is the purpose of PE?
* [Video](https://www.youtube.com/watch?v=BHY0FxzoKZE)
* Discuss class structure
* Discuss: what are ways to increase heart rate? What are ways to build muscular strength?
* Go over weight room sheets
* Distribute locks
 | Pacer test and sit and reach | Student partnerships perform the situp and 90 degree pushup fitness tests. | Cardio group: basketballStrength group: Bench pressSwitch halfway through | Cardio group: Ultimate FrisbeeStrength Group: SquatSwitch halfway through |

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.