**Mr. Laarman Physical Education Lesson Plan**

Week of: 1/22/24

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| --- | --- | --- | --- | --- | --- |
|  | 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: basketball  Strength group: Bench press  Switch halfway through | Cardio group: Ultimate Frisbee  Strength Group: Squat  Switch 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.