**Mr. Laarman Physical Education Lesson Plan**

Week of: 3/12/24

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Setting | Small gym, weight room | Small gym, weight room | Gym | Small gym, weight room | Small gym, weight room |
| Materials | Frisbee | Soccer ball | 2 Dodgeballs | Football | Basketball  |
| Procedure | 1. Dynamic warmup
2. Cardio: Ultimate Frisbee
3. Weight Room: Chest, shoulders, tri’s
 | 1. Dynamic warmup
2. Cardio: Speedball
3. Weight Room: Legs, back, bi’s
 | 1. Dynamic Warmup
2. Rock, Paper, Scissors Relay
3. Submarines and Mines
4. Mushroom Ball
 | 1. Dynamic warmup
2. Cardio: Air Force Football
3. Weight Room: Chest, shoulders, tri’s
 | 1. Dynamic Warmup
2. Cardio: Basketball
3. Weight Room: Legs, back, bi’s
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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.