



PHYSICAL EDUCATION SAMPLE LESSON PLAN

FOCUS OUTCOMES	<p>Fitness Knowledge:</p> <ul style="list-style-type: none"> Recognizes that when you move fast, your heart beats faster and you breathe faster. Identifies physical activities that contribute to fitness. <p>Working with Others:</p> <ul style="list-style-type: none"> Works cooperatively with others. Shares equipment and space with others.
LESSON TARGETS	<ul style="list-style-type: none"> Skill: I will increase my heart rate to improve my fitness. Cognitive: I will describe what cardiorespiratory endurance is. Fitness: I will stay actively engaged throughout activity. Personal & Social Responsibility: I will work safely with my partner using positive language.
ACADEMIC LANGUAGE	Communication, Cooperation, Cardiorespiratory Endurance, Fitness
SELECTED ASSESSMENT	<ul style="list-style-type: none"> DOK Questions Academic Language Review

LESSON MAP

	TRANSITION NOTES	ACTIVITY NAME	DEBRIEF
1 Instant Activity	Before students arrive, use cones to create a large activity space and have 2-3 noodles available to identify taggers. For Frostbite Tag, identify 2-3 taggers and give them a noodle to tag with. Other students scatter inside the activity area.	Frostbite Tag	<ul style="list-style-type: none"> DOK 1: Describe what cardiorespiratory endurance is. DOK 2: What happened to your breathing as you moved faster during the tag game? Why? DOK 3: What are some other physical activities that could help improve your cardiorespiratory endurance?
2 Learning Task	While debriefing Frostbite Tag, you will set up for Snowman Run following the diagram from the activity plan. Create teams of 3 students, with 2 teams in the middle as defenders. The remaining teams each begin behind a hoop.	Snowman Run	<ul style="list-style-type: none"> DOK 1: Give an example of how your team used communication skills in this activity. DOK 2: How did communication affect your team's ability to move through successfully? DOK 3: How is communication related to teamwork?
3 Assessment	Bring closure to the lesson by reviewing or expanding on the DOK questions from both activities. Review all academic language that was used during both activities.	<ul style="list-style-type: none"> DOK Questions Academic Language Review 	