

P.E. LESSON PLAN

Physical Education & Health Department

DATE

GRADE LEVEL
UNIT/TOPIC
LOCATION (GYM/FIELD)

LEARNING OBJECTIVES & NATIONAL STANDARDS

PHASE & TIME	ACTIVITY DESCRIPTION	EQUIPMENT / SETUP	CUES & ASSESSMENT
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Warm-up
(5-10 min)

Skill Focus
(15 min)

Main Game
(20 min)

Cool Down
(5 min)

DIFFERENTIATION & SAFETY REMINDERS
TEACHER REFLECTION/POST-LESSON NOTES