

Old Dominion University  
Physical Education Lesson Plan

Name: Connor O'Baker      Date: 11/22/19      Grade Level: 6th

Unit: Fitness      Lesson Focus: Components of Health-Related Fitness

Lesson Duration: 27 min      Instructional Model: PSI

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**PART I – STANDARDS, OBJECTIVES, AND ASSESSMENTS**

**Lesson Goal(s):**

**I can describe how being physically active can lead to a healthy body.**

**Objective: SWBAT identify which specific exercises identify with a component of health fitness.**

Domain: Cognitive

NASPE:

VA SOL: P 6.3.d- Describe how being physically active leads to a healthy body.

Assessment:

**Objective: SWBAT participate in specific fitness stations and work towards their goals.**

Domain: Psychomotor

NASPE:

VA SOL: H 6.3.c- Monitor personal progress toward a physical activity, nutrition, and sleep goals.

Assessment:

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**PART II – REFERENCES AND EQUIPMENT**

**References:**

**Equipment:**

cones

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### **PART III – LESSON ACTIVITIES**

#### **INSTANT ACTIVITY**

**(Time: 6 min)**

Organization/Transition:

Students move to either inside or outside of lines

Description:

Students will start with a group based warm-up. One group will be walking on the inside of the volleyball line while the other is jogging around the outside of it. There is a little bit of a twist to it though. For the group that is on the outside, they will be jogging the straights and sprinting around the curves. For the group that is on the inside walking on the inside, they will be bringing their knees to their chests in order to stretch out their legs. These two groups will rotate through when they hear a whistle blow, every minute for 6 minutes.

Materials:

#### **SET INDUCTION**

**(Time: 3 min)**

Organization/Transition:

Students gather at white board

Description:

Next, students will be brought over to the whiteboard to go over the learning target today and the instructor will go over the main activity for class.

Materials: White board

#### **MAIN LESSON**

**(Total Time: min)**

##### **Activity 1 (Time: \_\_15\_\_ min)**

Organization/Transition:

Instructor will take the students to the small gym where stations are set up, students gather 5 to a station, and the instructor will demonstrate each station

Description:

Fitness Stations- Students will participate in a variety of fitness stations that will give them practice in regards to the different Fitnessgram tests. Each student will participate in each station for one minute, and will rotate when they hear a whistle blow.

Equipment:

cones

Cues: think about fitness goals

Modifications:

**CLOSURE****(Time: 3 min)**

Organization/Transition:

Students will move back to white board

Description:

Students and teachers will review learning target and share with a partners

Equipment:

White board

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**PART IV - REFLECTION**

Did the students understand why they were participating in the stations?