

Old Dominion University
Physical Education Lesson Plan

Name: Connor O'Baker Date: 11/21/19 Grade Level: 7th

Unit: Fitness Lesson Focus: Muscular Strength and Endurance

Lesson Duration: 26 min Instructional Model: PSI

PART I – STANDARDS, OBJECTIVES, AND ASSESSMENTS

Lesson Goal(s):

I can identify different ways to increase and the benefits of daily physical activity/fitness.

I can show proper form when executing muscular performance/endurance exercises.

I can monitor my goals set forth in my PBAs.

Objective: SWBAT participate in group-based fitness and be able to demonstrate to others specific exercises.

Domain: Psychomotor

NASPE:

VA SOL: H 7.1.b- Identify ways to increase daily physical activity.

Assessment:

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

Domain: Cognitive

NASPE:

VA SOL: H 7.2.a- Determine the health benefits of regular physical activity and fitness.

Assessment:

PART II – REFERENCES AND EQUIPMENT

References:

Equipment:

cones

PART III – LESSON ACTIVITIES

INSTANT ACTIVITY

(Time: 10 min)

Organization/Transition:

Students group up based on squad lines

Description:

Students will start with a group based warm-up. Students will be divided into groups based on their squad lines and circle up. Each group will be given a piece of paper listing different individual exercises for them to do together as a group. Each group will also be assigned a student to demonstrate the exercises listed on their piece of paper and they will be in the middle of the circle. When the music starts, the student leader will start from the top of the paper and work their way down the list, but it is also not a race to see who finishes first. Students will have about 5-10 minutes to go through this list, and if they finish they start from the top and go again.

Materials:

Instruction sheets

SET INDUCTION

(Time: 3 min)

Organization/Transition:

Students gather in front of the 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: __10__ min)

Organization/Transition:

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 the goals

Modifications:

CLOSURE

(Time: 3 min)

Organization/Transition:

Students gather in front of the white board

Description:

Instructor will review learning targets and then ask the class how they achieved them

Equipment:

White board

PART IV - REFLECTION

Were the students engaged?

Did they improve on reaching their goals?