

Old Dominion University
Physical Education Lesson Plan

Name: Connor O'Baker Date: 11/14/19 Grade Level: 6th

Unit: Health-Related Fitness Lesson Focus: PBAs

Lesson Duration: ____ min Instructional Model: Direct Instruction
(Cooperative Learning, Personalized Systems of Instruction (PSI), and Direct Instruction)

PART I – STANDARDS, OBJECTIVES, AND ASSESSMENTS

Lesson Goal(s):

I can give an example of how to be physically active and which health-related component it represents.

Objective: SWBAT give one way of how to be physically active.

Domain: Cognitive

NASPE:

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

Assessment: Bellringer

Objective: SWBAT give one way of how to be physically active.

Domain: Cognitive

NASPE:

VA SOL: 6.3.f Develop a personal fitness plan using baseline data to address two or more components of health-related fitness to improve or maintain fitness level to include SMART goals, action plan, and documentation of activities inside and outside of school.

Assessment: PBAs on schoology

PART II – REFERENCES AND EQUIPMENT

References:

Equipment:

Technology, paper, white board

PART III – LESSON ACTIVITIES

INSTANT ACTIVITY

(Time: 15 min)

Organization/Transition:

Students will pull out a sheet of paper to do the bellringer for the day

Description:

Students will write down each of the components of health-related fitness and give an example of how they can physically demonstrate each, students will be called on to share an idea after everyone has completed it

Materials: sheet of paper and writing utensil

SET INDUCTION

(Time: 3 min)

Organization/Transition:

Students will direct their attention to the front of the room

Description:

The instructor will review the learning target for the day

Materials: whitboard

MAIN LESSON

(Total Time: 30 min)

Activity 1 (Time: __15__ min)

Organization/Transition:

Students will pull out their chrome books and open up their PBAs

Description:

Students will start to transfer the information they have on their PBAs to their Wellnet PBAs, and review any SMART goals they have in case they need to be edited.

Equipment:

Chromebooks

Activity 2 (Time: __15__ min)

Organization/Transition:

Description: students will participate in an online Kahoot! quiz to review their knowledge of health-related fitness

Equipment:
Chromebook

CLOSURE

(Time: 3 min)

Organization/Transition:

Students will turn their attention to the front board

Description:

Students will review the learning target with one of their classmates

Equipment: white board

PART IV - REFLECTION

Were the students engaged?

Do the students know what the components of health related fitness are?