

Old Dominion University  
Physical Education Lesson Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Grade Level: \_\_\_\_\_

Unit: \_\_\_\_\_ Lesson Focus: \_\_\_\_\_ #\_\_\_\_/5

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

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

**Lesson Goal(s):**

**Objective:**

Domain:

NASPE:

VA SOL:

Assessment:

**Objective:**

Domain:

NASPE:

VA SOL:

Assessment:

**Objective:**

Domain:

NASPE:

VA SOL:

Assessment:

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**PART II – REFERENCES AND EQUIPMENT**

**References:**

**Equipment:**

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### PART III – LESSON ACTIVITIES

#### **INSTANT ACTIVITY**

(Time:     min)

Organization/Transition:

Description:

Materials:

#### **SET INDUCTION**

(Time:     min)

Organization/Transition:

Description:

Materials:

#### **MAIN LESSON**

(Total Time:     min)

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

Organization/Transition:

Description:

Equipment:

Cues:

Modifications:

##### **Activity 2     (Time: \_\_\_\_ min)**

Organization/Transition:

Description:

Equipment:

Cues:

Modifications:

**Activity 3 (Time: \_\_\_\_\_ min)**

Organization/Transition:

Description:

Equipment:

Cues:

Modifications:

**CLOSURE (Time: \_\_\_\_\_ min)**

Organization/Transition:

Description:

Equipment:

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**PART IV - REFLECTION**