Old Dominion University

Physical Education Lesson Plan

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| 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**