

Teacher Resources

Lesson Planning Tools

The following tools are to help teachers create great lessons and unit plans. While many experienced teachers may not need to write out their lessons in detail, we believe that having a typed lesson can improve the quality of the lesson for a number of reasons. First, it serves as a reminder of the details that may otherwise be forgotten. Secondly, it can be used to focus on a particular effective teaching strategy that a teacher may want to improve. For example, if a teacher sets a goal to offer more variations, he/she can use the lesson plan to highlight this. Lastly, the lesson plan can be used to write notes about what went right, what went wrong, and what improvements can be made. Reflect, reflect, reflect!

Use the arrows to advance through the slides.

[Click Here to Download Lesson Plan Template](#)

Unit:			
Lesson #:	Lesson Length:	# of Students:	Grade Level:
Equipment & Instructional Materials Needed	Teaching Styles	SDAIE Strategies	Standards Addressed
	• See Legend	• See Legend	
Student Learning Objectives: WHAT are you going to teach (skills/concepts), HOW will the students perform it (tasks and refinements), and HOW WELL will they perform it (expectations).			
Psychomotor Domain:			
1. SWBAT (Student will be able to)			
2. Example: SWBAT throw a ball to a target BY stepping with opposite foot SO THAT 75% of the attempts are done properly.			
Cognitive Domain:			
1. SWBAT			
Affective Domain:			
1. SWBAT			
Health Related Fitness Domain:			
1. SWBAT			

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Section	Details/criteria
Cover page, title of contents and general information	<ul style="list-style-type: none"> Cover page includes title and name. Table of contents well-organized and easy to follow. General information: <ul style="list-style-type: none"> Unit level Chapters per week Works for this unit Students per class Class duration
Equipment, facilities, safety	<ul style="list-style-type: none"> Provide a complete list of equipment, facilities and instructional materials needed. List and describe all safety considerations for this unit.
Scope and sequence	<ul style="list-style-type: none"> Describe in 1-2 sentences the learning activities that will facilitate the learning of the skills/concepts. Include the teaching/learning sequence to use for each lesson, and make sure you use a variety of topics each week. For each day, list the specific skills and concepts to be taught. List the equipment and facilities needed that will be used. State which standards you are addressing in each lesson.
Skills to be taught	<ul style="list-style-type: none"> Provide a description and goal cases for all the skills you will be teaching.
Concepts to be taught	<ul style="list-style-type: none"> Provide a description for all the concepts you will be teaching.
Standards addressed in unit	<ul style="list-style-type: none"> List the state standards that will be addressed for each of the 4 domains (psychomotor, cognitive, affective, health-related fitness).
Lesson plans	<ul style="list-style-type: none"> Create quality lesson plans.
Assessment	<ul style="list-style-type: none"> Describe how you will assess student learning in this unit. Create specific examples of lesson assessments, and an authentic/alternative unit assessment for skills and concepts taught in the unit.
Warm-ups	<ul style="list-style-type: none"> Provide a list of different appropriate 10-minute warm-ups, with short descriptions for each activity.
Task sheets	<ul style="list-style-type: none"> Create task sheets that can be used for teaching skills and concepts for the unit.
Web Resources	<ul style="list-style-type: none"> List and describe the contents of at least 5 reliable web sites related to the unit.

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Last updated May 30, 2011

Self-Management Task Sheets

Learning self-management behaviors have been proven more effective in increasing physical activity habits than merely teaching students about the benefits of physical activity.

The download below on the right was created using the self-management information from Fitness for Life (Corbin, C. & Lindsey, R., 2007). It includes student assignments that address all of the self-management skills listed below on the left. Many of these assignments can also serve as good examples of alternative forms of assessment. Some of the assignments require that you use the Fitness for Life textbook in order to complete the tasks successfully.

Self Management Concepts

- Learning to Self Assess
- Building Self Confidence
- Reducing Risk Factors
- Choosing a Good Activity
- Setting Goals
- Building Positive Attitudes
- Learning to Self-Monitor
- Finding Social Support
- Building Performance Skills
- Building Intrinsic Motivation
- Preventing Relapse
- Managing Time
- Improving Self-Perceptions
- Saying "No"
- Learning to Think Critically
- Thinking Success
- Controlling Competitive Stress
- Overcoming Barriers

[Click Here to Download Self Management Task Sheets](#)

Last updated May 30, 2011

It has become crucial for teachers to inform parents and administrators about the great things they teach their students in their quality physical education classes. Newsletters and websites can educate parents and administrators about what you do in your class, why it is important, and how they can support your efforts at home. These advocacy efforts can help garner support for your program from parents and administration if budget cuts become a threat.

Use the arrows to advance through the slides.

[Click on the Picture to See a Class Website Example](#)

Example PE Class Website

Syllabus Floor Hockey Ultimate

Why Ultimate?

- Ultimate is cheap! All you need is a Frisbee and a field.
- There are men's, women's, and coed leagues.
- Non-contact and can be played throughout a lifetime.
- Great for cardiovascular endurance.
- Easy to learn.
- Non-competitive and very friendly.

Ultimate Frisbee Highlights

how to play ultimate 101 part1

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[Click Here to Download a "Newsletter Example"](#)

PHYSICAL EDUCATION PARENT NEWSLETTER AUGUST 2011

FACTS ABOUT PHYSICAL ACTIVITY

- Physical activity promotes learning
- Movement helps you become more energetic
- Exercise makes you feel good!
- CDC recommends that children and adolescents walk 10,000 steps a day!

Great Reads

- "Fit as a Teacher for Quality Physical Education" - Chip LaMaster
- "PEARL: The Revolutionary New Science Of Exercise and The Brain" - John Ratey
- "ACSM Fitness Book and Edition: Comprehensive plan to develop the right fitness plan and how to stick with it"

PHYSICAL EDUCATION PARENT NEWSLETTER AUGUST 2011

About the Teacher

I consider myself to be a very active person and enjoy participating in a wide range of physical activities. I train year round for track and field, more specifically the 800m and 1500m races. Although at times it is tough, I recognize that being active and living a healthy lifestyle is very important for my overall health. I also enjoy playing basketball, soccer, bike riding, and golfing. Being involved in various activities keeps it fresh and prevents burning out.

I love being active and enjoy sharing this passion for physical activity with students in hopes that they too will become physically active for a lifetime. I believe that walking the walk allows me to be a positive role model for my students.

To learn more about the benefits of being physical active visit the following resources below.

Websites

- www.govcentral.org - The latest and greatest about sports PE
- www.supportteachers.org - A great website with information on becoming physically fit.
- <http://www.ashford.org/teacher/subject/updates/44264/parents/pe.htm> - Information for parents provided by NASPE, the national organization for physical education.

Dates to remember

- *September 20th is our 1st "Fitness testing day!"
- *June 3rd Family Park Run 5K

Created by Carlos Suarez and modified by Kevin Shephard.

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Responsible Educators Accountable for Learning