Physical Education lesson plan		
Grade	Unit	Lesson focus
Intended student performance objectives		
•		
Intended teacher performance objectives		
•		
Learning outcome		
Equipment		
•		
•		
Processes and activities		
Exercise #1: Warm up		Expected length (in minutes):
Purpose		



Detailed instructions	
Exercise #2: Main routine	Expected length (in minutes):
Purpose	
Detailed instructions	
Exercise #3: Modified routine	Expected length (in minutes):
Purpose	
Detailed instructions	



Wrap up

