

Physical Education lesson plan		
Grade	Unit	Lesson focus
Intended student performance objectives		
<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>		
Intended teacher performance objectives		
<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>		
Learning outcome		
Equipment		
<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>		
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	