

Physical education lesson plan		
Class:	Unit:	Lesson focus:
Intended student performance objectives: <ul style="list-style-type: none">•••		
Intended teacher performance objectives: <ul style="list-style-type: none">•••		
Learning outcome:		
Equipment: <ul style="list-style-type: none">•••		
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:	
Notes:	