

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">•••		
Equipment: <ul style="list-style-type: none">•••		
Structure		
Exercise #1: Warm up		Expected duration:
Purpose:		
Detailed instructions:		

Exercise #2: Main routine	Expected duration:
Purpose:	
Detailed instructions:	
Exercise #3: Modified routine	Expected duration:
Purpose:	
Detailed instructions:	
Notes:	