






Lesson Planner

Date: April 3,17

Lesson: Fitness Day 1

Grade: 9 & 10

Period 1 & 2

⊖ Movement 	⊖ Fitness Management 	⊖ Safety 	⊖ Personal and Social Management 	⊖ Healthy Lifestyle Practices 

Entry Routine – Time: Prior to start of class

- Students sign up with their initials on a clip board
- Check the Poster for the daily lesson, Physical Education specific announcements, and an activity to start playing until the class starts
- Review the success criteria and learning intentions of that unit located on the white board
- Walk past the word wall/ infographics space in the gymnasium to look over new terminology

Pre-Class

- Skipping Rope Tricks and Games

Warm-up - Time: 10 min

- One Direction Line Tag – Line tag with everyone facing the current at all times.

Activating Activity (Entry Activity) - Warm-up - Time: 15 min

- **Learning/Teach Strategies**
 - Word Wall - Practice Movements and Technique
- **Teach Notes**
 - Students Spread on BBall Baseline and Volleyball Endline
 - Invite students up to demo and practice along with them
 - Movements: Push Ups, Squat, Lunge, Sit Up, Plank, Mountain Climber

Acquiring Activity - Time: 25 min

- **Learning/Teach Strategies**
 - Dutch Blitz Workout – multiple games

Fitness Lesson Plans Elementary

Carol Jahan, M.S.



Fitness Lesson Plans Elementary:

Fitness for Life Guy C. Le Masurier, Charles B. Corbin, Meg Greiner, Dolly D. Lambdin, 2010 Fitness for Life Elementary School is an innovative multimedia package that facilitates total school involvement by using physical education lessons classroom activities and discussions recess before and afterschool activities and even family nights to deliver appropriate physical activity as well as concepts to promote health related fitness and active lifestyles **Lesson Planning for Elementary Physical Education** Society of Health and Physical Educators, Holt/Hale, Shirley, Hall, Tina, 2016-01-26 Lesson Planning for Elementary Physical Education offers expert guidance in implementing lessons and curricula that are aligned with SHAPE America's National Standards and Grade Level Outcomes The plans are flexible reflect best practices and foster the achievement of physical literacy **Fitness for Life** Dolly Lambdin, Charles B. Corbin, Guy C. Le Masurier, Meg Greiner, 2010 A program that focuses attention on schoolwide wellness during four weeks of the school year Helps schools incorporate coordinated activities that will enable them to meet national standards and guidelines for physical activity and nutrition Includes lesson plans for physical education physical activities for the classroom and whole school events and activities *Fitness for Life* Dolly Lambdin, Charles B. Corbin, Guy C. Le Masurier, Meg Greiner, 2010 A program that focuses attention on schoolwide wellness during four weeks of the school year Helps schools incorporate coordinated activities that will enable them to meet national standards and guidelines for physical activity and nutrition Includes lesson plans for physical education physical activities for the classroom and whole school events and activities *Fitness for Life* Dolly Lambdin, Charles B. Corbin, Guy C. Le Masurier, Meg Greiner, 2010 A program that focuses attention on schoolwide wellness during four weeks of the school year Helps schools incorporate coordinated activities that will enable them to meet national standards and guidelines for physical activity and nutrition Includes lesson plans for physical education physical activities for the classroom and whole school events and activities *Fitness for Life* Dolly Lambdin, Charles B. Corbin, Guy C. Le Masurier, Meg Greiner, 2010 A program that focuses attention on schoolwide wellness during four weeks of the school year Helps schools incorporate coordinated activities that will enable them to meet national standards and guidelines for physical activity and nutrition Includes lesson plans for physical education physical activities for the classroom and whole school events and activities **Fitness for Life** Dolly Lambdin, Charles B. Corbin, Guy C. Le Masurier, Meg Greiner, 2010 A program that focuses attention on schoolwide wellness during four weeks of the school year Helps schools incorporate coordinated activities that will enable them to meet national standards and guidelines for physical activity and nutrition Includes lesson plans for physical education physical activities for the classroom and whole school events and activities **Fitness for Life** Dolly Lambdin, Charles B. Corbin, Guy C. Le Masurier, Meg Greiner, 2010 A program that focuses attention on schoolwide wellness during four weeks of the school year Helps schools incorporate coordinated activities that will enable them to meet national standards and guidelines for physical activity and nutrition Includes lesson plans for physical education physical

activities for the classroom and whole school events and activities **Fitness for Life** Dolly Lambdin, Charles B. Corbin, Guy C. Le Masurier, Meg Greiner, 2010 A program that focuses attention on schoolwide wellness during four weeks of the school year Helps schools incorporate coordinated activities that will enable them to meet national standards and guidelines for physical activity and nutrition Includes lesson plans for physical education physical activities for the classroom and whole school events and activities *Physical Education Lesson Plans for Classroom Teachers, Kindergarten-3rd Grade* Carol Jahan, 2010-03-10 Lesson plan books for classroom teachers to be able to provide a whole year complete program of physical education for each grade level K 6 All activities are standard based and follow a sequence so classroom teachers can follow the progression without having to spend a lot of time trying to decide what to teach next Each game skill or fitness activity is labeled for its appropriate grade level and the standard it meets so the teacher is confident in providing a program his her students will enjoy It s all been done for the classroom teacher All he she has to do is follow the book In print book format and ebook format two editions are available K 3rd Grade and Grades 4 6 About the author Carol Jahan is a physical education specialist with over 20 years experience teaching this complete program of physical education for grades K 6 She has developed and taught these programs and helps classroom teachers by providing lesson plans that are easy to follow and teach She has written these lesson plan books for classroom teachers to follow and also add their own activities through the school year to provide a complete program of physical education for their grade level *Physical Education Lesson Plans for Classroom Teachers-Grades 4-6* Aeris Publishing, Carol Jahan, 2010-06-01 Lesson plan books for classroom teachers to be able to provide a whole year complete program of physical education for each grade level K 6 All activities are standard based and follow a sequence so classroom teachers can follow the progression without having to spend a lot of time trying to decide what to teach next Each game skill or fitness activity is labeled for its appropriate grade level and the standard it meets so the teacher is confident in providing a program his her students will enjoy It s all been done for the classroom teacher All he she has to do is follow the book In print book format and ebook format two editions are available K 3rd Grade and Grades 4 6 About the author Carol Jahan is a physical education specialist with over 20 years experience teaching this complete program of physical education for grades K 6 She has developed and taught these programs and helps classroom teachers by providing lesson plans that are easy to follow and teach She has written these lesson plan books for classroom teachers to follow and also add their own activities through the school year to provide a complete program of physical education for their grade level **Complete Physical Education Plans for Grades 5 to 12** Isobel Kleinman, 2009 This popular book provides loads of teacher tested lesson plans and assessment tools that will decrease your preparation time and increase your students competency After listening to requests of the first edition s users the author has packed two more popular field sports and a unique chapter on educational gymnastics into this new edition of Complete Physical Education Plans for Grades 5 to 12 Lessons can cover beginner intermediate and advanced levels and break down each skill as it is

introduced The chapters also integrate the applicable rules and strategies during the learning process and use methods that will keep students active learning successful and completely motivated In addition to the clear instruction for teaching skills rules and strategies each lesson generates opportunities for students to develop physical cognitive and social skills Each unit is designed to help students gain competency appropriate for their experience level Formerly published as Complete Physical Education Plans for Grades 7 to 12 the book features exciting new material Detailed introductions of skills and how to practice the mechanics of each skill or dance Three new chapters field hockey lacrosse and educational gymnastics the latter of which includes three units that can be used in teaching both gymnastics and creative dance Complete Physical Education Plans for Grades 5 to 12 provides field tested lesson plans for 484 classes covering 18 areas of fitness creative movement and dance and sports These professionally prepared plans will not only cut your own prep time but also help you focus on the essentials in each step of your students learning process It is a great resource when you need material for a substitute teacher or when you are asked to submit plans to your school administrator In addition to the lesson plans the book and CD ROM package contains a wealth of teaching and assessment tools including skills rubrics portfolio checklists unit fact sheets and quizzes The accompanying CD ROM enables you to print study sheets student extension projects portfolio checklists unit quizzes and answer keys You can also print out any page of the text from the CD ROM e g lessons full units tests Publisher s website [Physical Education Lesson Plans for Classroom Teachers](#) Carol Jahan, M.S.,2010-06-01 Lesson plan books for

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Lesson Plans for Dynamic Physical Education for Elementary School

Children Robert P. Pangrazi,2001 A valuable reference for both the pre service and in service elementary Physical Education teacher this text complements Dynamic Physical Education for Elementary School Children Thirteenth Edition Teachers of kindergarten through sixth grade will benefit from using these lesson plans as a guide for presenting movement experiences and skills in a sequential and well ordered manner The lessons are presented in three complete sets that cover unique developmental levels grades K 2 3 4 and 5 6 Each section contains a year long syllabus to assist teachers with planning This text includes all the information necessary to present a comprehensive lesson [Fitness for Life: Physical education lesson plans](#) ,2010 Fitness for Life Elementary School is an innovative multimedia program that facilitates total school involvement by using physical education lessons classroom activities and discussions recess before and afterschool activities and even family nights to deliver appropriate physical activity plus concepts to promote health related fitness and

active lifestyles Fitness for Life Elementary School was developed by nationally and internationally recognized leaders Charles B Chuck Corbin Guy Le Masurier Dolly Lambdin and Meg Greiner The program has been field tested and is based on the most current research and standards regarding health related fitness activity wellness and nutrition Publisher

Physical Education Methods for Elementary Teachers Katherine T. Thomas, Amelia M. Lee, Jerry R. Thomas, 2008 The authors show non specialists how to develop a realistic and workable approach to teaching physical education The book makes physical education worthwhile practical and fun for students and teachers The text provides the reader with a basic physical education curriculum and suggestions for how to implement this *Lesson Plans for Dynamic Physical Education for Elementary School Children* Robert P. Pangrazi, Victor Paul Dauer, 1988 *Dynamic Physical Education for Elementary School Children* Robert P. Pangrazi, Aaron Beighle, 2016 This text guides prospective teachers through step by step techniques for teaching physical education It offers a combination of theoretical framework and hands on activities with information on contemporary trends research and fitness technology as well as management techniques **Physical Education for Children** Katherine T. Thomas, Amelia M. Lee, Jerry R. Thomas, 2000 This book includes 437 lessons for grades K 5 The activities become more challenging as you progress through the grade levels and new activities are added at the higher levels For each level you ll find units of lesson plans on the following topics Organization Fitness Games and Sports Rhythmic Activities Gymnastics Health Classroom Activities from publisher description **Designing and Teaching Fitness Education Courses** Jayne Debra Greenberg, Nichole D. Calkins, Lisa S. Spinosa, 2022 Helps physical educators develop and implement fitness education courses in their curricula Includes pacing guides which act as a teacher s blueprint throughout a semester and offers 139 video clips and 211 instructional photos that show the activities all of which require no equipment

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