

SIUC Physical Education Lesson Plan

Thoroughly planning a lesson is an important component of effective teaching. All of your instructional decisions should be guided by your personal teaching philosophy, national and state standards and the content area being covered.

Below is the SIUC lesson plan template designed by the PETE faculty. This template covers the majority of information you may need to plan and implement a successful physical education lesson. The grey text is to guide you in completing the lesson plan, please remove all grey text and ensure that your information is presented in black.

Each lesson you teach should be linked to state and national standards for physical education. Familiarize yourself with both as they will guide your curriculum and lesson development. In the lesson plan state the standard with a brief description.

Another important aspect of your lesson plan is the organization of activities and students. The best method to demonstrate an activity is through the use of a diagram. There are many computer programs available (e.g. powerpoint) to facilitate the development of diagrams to demonstrate activity formations to students. Be sure to include an electronic diagram (not hand written) in your lesson plan.

The final part of the lesson plan is a reflection on your performance. Of course this must be completed following your session and will include your own evaluation of what you thought went well and what could have been improved during your session. The reflective cycle is an important aspect of a teacher's professional development.

SIUC Physical Education Lesson Plan

Name:

Date:

Lesson Subject: e.g. Soccer

Grade Level: E.g. Elementary

Lesson Focus: e.g. Dribbling

Number of Students: e.g. 30

Resources: where did you obtain information from?

Lesson Duration: e.g. 50 minutes

NASPE Standard: Which of the NASPE standards does your lesson meet?

<http://www.aahperd.org/naspe/standards/nationalStandards/PEstandards.cfm>

IL Learning Standard (ILS) Physical Development and Health:

<http://www.isbe.net/ils/pdh/standards.htm>

Lesson Objectives: Address each domain – Psychomotor, Cognitive, Affective
E.g. the student will be able to.....

Equipment Needed: What do you require to successfully teach this lesson?

Assessment Methods: How will you assess student learning? E.g. observation, skills test, written theory test,
Q & A session

Safety Considerations: Do you have any specific considerations for the activity you will teach?

Warm-up Activities: Describe the activities used to warm-up students prior to lesson focus. Expand section as required.

Est. Time Learning Activities

Class Organization

Teaching Cues

Provide a detailed account of the lesson plan. Expand section as required.

Lesson Modifications: How did/would you accommodate special needs? What do students who are sick but still in attendance do?

Warm-down/Review: Describe the activities used to warm-down students after lesson. Expand section as required.

Diagrams/Activity Formations: Attach separate sheet of diagrams not in your instructional plan

Alternate Lesson (Plan B): What will you do in case of poor weather?

Reflection (Evaluation of Lesson): How did your lesson go? Would you have changed certain activities? Would you have changed anything about your teaching?