**Physical Education Lesson Plan Template**

Lesson/Unit/SPARK:

Grade Level:

Lesson Objectives/Student Outcomes:

Moderate to Vigorous Activity 50% of Class Time Strategies:

Technology Integration:

Equipment:

Facility:

Standards:

* Motor Skills:
* Motor Knowledge:
* Fitness Skills:
* Fitness Knowledge:
* Self and Social Responsibility:

**Lesson Content** *(Lesson description, including time allocation for each component, student grouping, and teacher and student responsibilities during the lesson)*

Dynamic Warm Up (Should be related to activity):

Activity (Include grouping):

Closure:

**Student Progress and Assessment** *(How will you monitor and measure individual student learning and progress during and after the lesson?)*