

# Physical Education Activity Lesson Plan for Young Learners

Lesson Title	_____
Grade / Age	_____
Date	_____
Time/Duration	_____

## Learning Objectives

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Materials Needed

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Warm-Up Activity

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## Main Activity

1. Instruction: \_\_\_\_\_
2. Demonstration: \_\_\_\_\_
3. Practice: \_\_\_\_\_

## Cool Down

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## Assessment / Reflection

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## Safety Considerations

- \_\_\_\_\_
- \_\_\_\_\_

Teacher: \_\_\_\_\_ Signature: \_\_\_\_\_

