

Physical Education Activity Lesson Plan for Young Learners

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

Learning Objectives

- _____
- _____
- _____

Materials Needed

- _____
- _____
- _____

Warm-Up Activity

Main Activity

1. Instruction: _____
2. Demonstration: _____
3. Practice: _____

Cool Down

Assessment / Reflection

Safety Considerations

- _____
- _____

Teacher: _____ Signature: _____

