

Physical Education Class Activity Lesson Plan Example

Teacher:	_____	Date:	_____
Grade Level:	_____	Class Duration:	_____
Activity Title:	_____		

Learning Objectives:

- Students will demonstrate proper technique for basic movement skills.
- Students will participate cooperatively in group physical activities.
- Students will understand and apply basic rules of the activity.

Equipment Needed:

- Cones
- Whistle
- Rubber balls
- Score sheets

Lesson Sequence:

Time	Activity	Description
5 min	Warm-Up	Light jogging around the gym and dynamic stretches (e.g., arm circles, high knees).
10 min	Introduction & Rules	Brief explanation of objectives and demonstration of the main activity with safety guidelines.
20 min	Main Activity	Team relay races using cones and balls. Focus on teamwork and proper technique.
10 min	Cool Down & Review	Static stretching and group discussion on what was learned during the lesson.

Assessment:

- Observation of skill performance and participation.
- Student reflection on cooperation and rule application.

Modifications:

- Provide alternative movements for students with mobility limitations.
- Adjust team sizes to ensure full participation.