

# Physical Education Skills Lesson Plan

## Grade 1

<b>Lesson Title</b>	<i>Insert lesson title here</i>
<b>Date</b>	<i>Insert date</i>
<b>Time</b>	<i>Insert duration (e.g., 40 minutes)</i>
<b>Location</b>	<i>Insert location (e.g., gym, playground)</i>

### Objectives

- *Insert learning objective 1*
- *Insert learning objective 2*

### Materials Needed

- *List materials or equipment required (e.g., balls, cones)*

### Warm-up Activities

1. *Describe warm-up activity 1*
2. *Describe warm-up activity 2*

### Main Activities

1. *Describe main skill/activity 1*
2. *Describe main skill/activity 2*

### Cool-down

- *Describe cool-down exercise*

### Assessment

- *How will you assess student learning/participation?*

### Reflection

*Write observations or notes after lesson delivery.*