

Physical Education Skills Lesson Plan

Grade 1

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