

Appendix B

Sample Teacher Planning Tools

Sample Yearly Plan for Physical Education

Class/Section: _____

Month			
Theme (s)			
Activities			
General Curriculum Outcome(s)			
Key Stage Curriculum Outcome(s)			
Specific Curriculum Outcome(s)			
Facilities/Resources			

Please see Section 2: Curriculum Outcomes. This section can assist in preparing the unit plan.

Sample Planning Chart for Physical Education

Course: _____ Section: _____				
Movement Category	Min. # Activities/ Category	Min. # Classes/ Category	Max. # Classes/ Category	Activities
Fitness	1	5 (~275 minutes)	8 (~440 minutes)	
Individual/Partner	1	5 (~ 275 minutes)	8 (~440 minutes)	
Alternative/Rhythmic (2100)	1	5 (~ 275 minutes)	8 (~440 minutes)	
Alternative (Other)	1	5 (~275 minutes)	8 (~440 minutes)	
Team Building (2100) or Cooperative Games (2101)	1	5 (~ 275 minutes)	8 (~440 minutes)	
Games/Other	1	5 (~ 275 minutes)	8 (~440 minutes)	
Other Choice				
Other Choice				
Other Choice				

Sample Unit Plan

Course: _____		Section: _____	
Grade/Class: _____		Date: _____	
Theme: _____			
Lesson	Specific Curriculum Outcomes	Elaborations: Strategies for Learning and Teaching	Suggested Assessment Strategies
1			
2			
3			
4			
5			
6			
7			
8			

Please see Section 2: Curriculum Outcomes. The four column spread can assist in preparing the unit plan.

Sample Physical Education Lesson Plan Template

Class: _____		Lesson/Unit: _____	
Date: _____			
Specific Outcome (#)	Moving/Doing (Check Mark)	Understanding/ Applying (Check Mark)	Cooperation/ Responsibility (Check Mark)

<u>Introduction/Warm-up (Describe):</u>
<u>Teaching Tips:</u>
<u>Elaborations - Strategies for Learning and Teaching:</u>
<u>Suggested Assessment Strategies:</u>

<u>Closure/Cool Down:</u>

<u>Equipment Required:</u>
