

Appendix B

Sample 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: _____			
Please refer to Appendix A (Sample Course Descriptor and Evaluation) for further details.			
Movement Category	Activities from each theme. Teachers should choose:	Approximate # of Classes/Time	Activities
Fitness Pursuits	<ul style="list-style-type: none"> Cardiovascular Activities Flexibility Activities Other Selections <u>Note:</u> Teachers and students should collaborate to provide a variety of activity choices.		
Innovative Games and Activities	<ul style="list-style-type: none"> Target Games Other Selections <u>Note:</u> Teachers and students should collaborate to provide a variety of activity choices.		
Team/Group Games and Activities	<ul style="list-style-type: none"> 1 Leadership and Cooperative Activity Other Selections <u>Note:</u> Teachers and students should collaborate to provide a variety of activity choices.		
Other Selection			
Other Selection			
Other Selection			
Other Selection			

Sample Unit Plan

Course: _____		Section: _____		
Grade/Class: _____		Date: _____		
Theme: _____				
Lesson	Specific Curriculum Outcomes	Elaborations: Strategies for Learning and Teaching	Suggested Assessment Strategies	Resources/Notes
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>

