

Lesson Plans- Physical Education

Week of: 9/21-9/25

Grade Level: 6th-8th Grade

Physical Education/SEL	
Unit/Chapter: Warm-ups/Gratitude	Standards: CA PE Std: 3.4 Participate in moderate to vigorous physical activity a minimum of four days each week.
Concepts/Skills: Focus on Technique for Dynamic Warm-up Exercises	
Key Vocabulary: Technique, Movement, Dynamic, Breathing, and Blood flow.	
Learning Objectives: Students will learn how to safely perform a warm-up exercise routine and be able to identify the correct exercises, when asked.	
Physical Education/SEL	
Unit/Chapter: Warm-ups/Gratitude	Standards: CA PE Std 4.3 Identify ways of increasing physical activity in routine daily activities.
Concepts/Skills: Focus on technique and elevated heart rate for dynamic warm-up exercises and why they are important before PA. (Physical Activity)	
Key Vocabulary: Form, Heart Rate, Breathing, Correct, Blood Flow, Range Of Motion	
Learning Objectives: Focus on technique and elevated heart rate for dynamic warm-up exercises	
Physical Education/SEL	
Unit/Chapter: Warm-ups/Gratitude	Standards: CA PE Std 4.3 Identify ways of increasing physical activity in routine daily activities.
Concepts/Skills: Focus on technique and elevated heart rate for dynamic warm-up exercises and why they are important before PA. (Physical Activity)	
Key Vocabulary: Form, Heart Rate, Breathing, Correct, Blood Flow, Range Of Motion	
Learning Objectives: Students will learn how to safely perform a warm-up exercise routine and be able to identify the correct exercises, when asked. In Addition students should be able to list why Dynamic Warm-ups are important.	