

Workshop Lesson Plan Template for Physical Education

Unit:

Objective/Teaching Point: (What skill will be taught?)

Equipment:

Motivation: (Warm-up and connection) This is what we have been working on...

Procedure for Activity: (Teaching the skill. What directions will you give the students?)

Guided Practice: (What the teacher shows the students and then the students practice before doing it independently)

Mini-Stations: (Differentiated Instruction)

Summary: (Restate the Objective/Teaching Point)

Follow-up: (What's next?)

