



Lesson Plans: Physical Education (P.E.) 9-12

Coach Debbie Marci



Period(s): 1 2 3 4 All Varsity Athletics

Date: 9/18/2009

Florida Department of Education P.E. Resources/Activities: 

Florida Sunshine Standard: Strands for Physical Education (Grades 9-12)

- Physical Education Literacy (A)
- Responsible Physical Activity Behaviors (B)
- Advocate and Promote Physically Active Lifestyles (C)

Specific Physical Education Standards within Strands:

Standard 2: The student understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, and communication. (PE.C.2.4)

Benchmark (Objective):

2. participates in games, sports, dances, outdoor pursuits, and other physical activities that contribute to the attainment of personal goals and maintenance of wellness. (PE.C.2.4.2)

Additional Benchmark:

3. knows the ways in which personal characteristics, performance styles, and activity preferences will change over the course of one's life. (PE.C.2.4.3)

Activities, Resources, Materials used in the Lesson:

- | | |
|---|---|
| <input checked="" type="checkbox"/> Competition Sports Activity | <input checked="" type="checkbox"/> Participates in Games, Dances, and other Outdoor Pursuits |
| <input checked="" type="checkbox"/> Team Sports Activity | <input type="checkbox"/> Uses technology to Assess and Maintain Fitness and Skills |
| <input checked="" type="checkbox"/> Cooperative Sports Activity | <input checked="" type="checkbox"/> Participates in a Self-Assessment for Fitness |
| <input type="checkbox"/> Instructional Video/Film | <input checked="" type="checkbox"/> Learns how to Play a Variety of Sports and Games |
| <input checked="" type="checkbox"/> Field Trip/Sports Event | <input checked="" type="checkbox"/> Acquires an Interest in New Games/Activities |
| <input type="checkbox"/> Physical Fitness Test | <input checked="" type="checkbox"/> Learns the Rules of a New Game/Sports Activity |
| <input type="checkbox"/> Physical Education Quiz | <input type="checkbox"/> Researchs Rules for a New Sport/Game from Sports Manual |

SHSD Physical Education (P.E.) Strategies and Goals:

- | | |
|--|---|
| <input checked="" type="checkbox"/> Identifying Strengths/Weaknesses | <input checked="" type="checkbox"/> Teamwork and Accountability |
| <input type="checkbox"/> Personal Reflection | <input checked="" type="checkbox"/> Individual Goal Setting |
| <input checked="" type="checkbox"/> Effort and Practice | <input type="checkbox"/> Cooperative Goal Setting |
| <input checked="" type="checkbox"/> Team Concepts and Rules | <input checked="" type="checkbox"/> Sportsmanship |
| <input checked="" type="checkbox"/> Body Mechanics and Conditioning | <input checked="" type="checkbox"/> Fair Play and Character |

Accommodations:

Provided the student with a guaranteed "successful" role within the group/team in the beginning.

Additional Information (if applicable):

Fitness test on September 24th.