**Dimension** (choose one): *Types of Gymnastics, Dance, Games, Individual Activities, Alternative Environment*

**Physical Education Lesson Plan # \_\_\_ of \_\_\_**

Grade: \_\_\_\_\_\_\_\_\_\_ Unit: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- |
| **Introduction/Warm Up:**  **Activity:**  **Equipment:**  **Organization:**  **Assessment** (Formative and/or Summative): |  |
| **Learning Activities/Teaching Strategies:**  **Activity:**  **Equipment:**  **Organization:**  **Closure/Cool Down:**  **Activity:**  **Fundamental Movement Skills Explored (highlight below):**  Nonlocomotor/Stability: turn, twist, swing, balance, dodge, bend, land, stretch, hang, lift, sit, stand, crouch, squat, lean, kneel, push, pull  Locomotor: walk, march, run, hop, jump, leap, roll (log, pencil), gallop, climb, slide, shuffle, tiptoe, crawl, skip, dive, swim, cycle, dance, hike, skate, glide  Object Manipulative: catch, collect, dribble, roll, bounce, trap, throw (overhand & underhand), kick, strike, volley, punt  **Physical Literacy Environments**- air, water, land, ice/snow (indoor & outdoor) |  |

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