





Physical Education Lesson

Grade: _____

Unit: _____

Date: _____

General Outcomes	 Activities		 Benefits Health			 Cooperation				 Do It Daily...For Life			
Specific Outcomes	Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communi-cation	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living In the Community

Introduction/Warm Up

**Assessment/Evaluation/
Comments**

Learning Activities/Teaching Strategies

Closure/Cool Down

Equipment	Safety Considerations