

## LESSON PLAN TEMPLATES

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K–12 lesson plan templates for each grade or course with specific outcomes for that grade printed on the back are provided.

Duplicate for your planning purposes.



## Kindergarten – Specific Outcomes



### General Outcome A: Activity

#### AK–

##### Basic Skills

- 1 experience and develop locomotor skills through a variety of activities
- 2 N/A
- 3 experience and develop nonlocomotor skills through a variety of activities
- 4 N/A
- 5 experience and develop ways to receive, retain and send an object, using a variety of body parts and implements and through a variety of activities
- 6 N/A

##### Application of Basic Skills

- 7 experience the basic skills in a variety of environments; e.g., playground
- 8 experience movement to respond to a variety of stimuli; e.g., music
- 9 experience body awareness when performing dance activities
- 10 demonstrate body and space awareness when performing space awareness games
- 11 demonstrate an understanding of basic rules and fair play
- 12 experience educational gymnastics; e.g., exploring the use of different body parts, types of effort, space and relationships
- 13 experience the basic skills of running, jumping, throwing in a variety of environments; e.g., field



### General Outcome B: Benefits Health

#### BK–

##### Functional Fitness

- 1 recognize appropriate nutritional habits
- 2 recognize improvement in physical abilities
- 3 experience cardio-respiratory activities

##### Body Image

- 4 recognize personal abilities while participating in physical activity
- 5 N/A

##### Well-being

- 6 experience how physical activity makes one feel
- 7 experience the changes that take place in the body during physical activity
- 8 understand the connections between physical activity and emotional well-being; e.g., feels good



### General Outcome C: Cooperation

#### CK–

##### Communication

- 1 begin to develop respectful communication skills appropriate to context
- 2 N/A

##### Fair Play

- 3 identify and demonstrate etiquette and fair play

##### Leadership

- 4 experience different roles in a variety of physical activities

##### Teamwork

- 5 display a willingness to play alongside others
- 6 N/A



### General Outcome D: Do it Daily for Life

#### DK–

##### Effort

- 1 show a willingness to participate regularly in short periods of activity with frequent rest intervals
- 2 participate with effort in physical activities

##### Safety

- 3 show a willingness to listen to directions and simple explanations
- 4 participate in safe warm-up and cool-down activities
- 5 experience moving safely and sensitively through all environments; e.g., movement activities

##### Goal Setting/Personal Challenge

- 6 participate in a class activity with a group goal; e.g., walk a predetermined distance
- 7 make choices to be involved in a variety of movement experiences

##### Active Living in the Community





- 8 describe appropriate places for children to play
- 9 make choices to be active

# Physical Education Lesson

Grade: \_\_\_\_\_

Unit: \_\_\_\_\_

Date: \_\_\_\_\_

<b>General Outcomes</b>	 Activities		 Benefits Health			 Cooperation				 Do It Daily... For Life			
	<b>Specific Outcomes</b>	Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge

## Introduction/Warm Up

## Assessment/Evaluation/ Comments

## Learning Activities/Teaching Strategies

## Closure/Cool Down

<b>Equipment</b>	<b>Safety Considerations</b>

## Grade 1 – Specific Outcomes



### General Outcome A: Activity

#### A1–

##### Basic Skills

- 1 perform locomotor skills through a variety of activities
- 2 N/A
- 3 perform nonlocomotor skills through a variety of activities
- 4 N/A
- 5 demonstrate ways to receive, retain and send an object, using a variety of body parts and implements, individually and with others

- 6 N/A

##### Application of Basic Skills

- 7 demonstrate the basic skills in a variety of environments; e.g., tarmac activities
- 8 perform simple movements by using elements of effort and space to respond to a variety of stimuli; e.g., music
- 9 demonstrate body awareness when performing dance activities
- 10 demonstrate body and space awareness when performing space awareness games
- 11 demonstrate an understanding of basic rules and fair play for simple games
- 12 demonstrate the basic skills in educational gymnastics; e.g., use of different body parts, types of effort, space and relationships
- 13 demonstrate the basic skills of running, jumping, throwing in a variety of environments and using various equipment; e.g., skipping ropes



### General Outcome B: Benefits Health

#### B1–

##### Functional Fitness

- 1 identify healthy nutritional habits
- 2 demonstrate ways to improve personal growth in physical abilities
- 3 experience and improve continued frequency of involvement in cardio-respiratory activities

##### Body Image

- 4 recognize personal abilities while participating in physical activity
- 5 N/A

##### Well-being

- 6 describe how physical activity makes you feel

- 7 recognize the changes that take place in the body during physical activity
- 8 understand the connections between physical activity and emotional well-being; e.g., feels good



### General Outcome C: Communication

#### C1–

##### Communication

- 1 develop and demonstrate respectful communication skills appropriate to context
- 2 N/A

##### Fair Play

- 3 identify and demonstrate etiquette and fair play

##### Leadership

- 4 identify different roles in a variety of physical activities

##### Teamwork

- 5 display a willingness to play cooperatively with others in large and small groups
- 6 N/A



### General Outcome D: Do it Daily for Life

#### D1–

##### Effort

- 1 show a willingness to participate regularly in short periods of activity with frequent rest intervals
- 2 demonstrate effort while participating in various activities

##### Safety

- 3 show a willingness to listen to directions and simple explanations
- 4 participate in safe warm-up and cool-down activities
- 5 move safely and sensitively through all environments; e.g., space awareness activities

##### Goal Setting/Personal Challenge

- 6 participate in a class activity with a group goal; e.g., walk a predetermined distance
- 7 try a challenging movement experience based on personal abilities

##### Active Living in the Community





- 8 identify and experience safe places to play in the community
- 9 make decisions to be active

# Physical Education Lesson

Grade: \_\_\_\_\_

Unit: \_\_\_\_\_

Date: \_\_\_\_\_

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

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## Grade 2 – Specific Outcomes



### General Outcome A: Activity

A2–

#### Basic Skills

- 1 select and perform locomotor skills involved in a variety of activities
- 2 N/A
- 3 select and perform nonlocomotor skills involved in a variety of activities
- 4 N/A
- 5 select and perform ways to receive, retain and send an object, using a variety of body parts and implements, individually and with others
- 6 N/A

#### Application of Basic Skills

- 7 select and perform basic skills in a variety of environments and using various equipment; e.g., obstacle course
- 8 demonstrate basic dance steps and movement; e.g., creative, folk, line, sequence and novelty, alone and with others, by using elements of effort, space and relationship
- 9 perform simple movement sequences by using elements of body and space awareness and relationships, alone and with others
- 10 create and play body and space awareness games
- 11 apply basic rules and fair play while playing and learning the strategies of lead-up games
- 12 select and perform the basic skills in educational gymnastics; e.g., use of different body parts, types of effort, space and relationships, to develop a sequence
- 13 select and perform basic skills of running, jumping, throwing in a variety of environments and using various equipment; e.g., catching



### General Outcome B: Benefit Health

B2–

#### Functional Fitness

- 1 recognize that “energy” is required for muscle movement
- 2 describe ways to improve personal growth in physical abilities
- 3 experience movement involving the components of health-related fitness; e.g., flexibility, endurance, strength, cardio-respiratory activities

#### Body Image

- 4 identify personal physical attributes that contribute to physical activity
- 5 N/A

### Well-being

- 6 describe how the body benefits from physical activity
- 7 identify changes that take place in the body during physical activity
- 8 understand the connections between physical activity and emotional well-being; e.g., feels good



### General Outcome C: Communication

C2–

#### Communication

- 1 identify and demonstrate respectful communication skills appropriate to context
- 2 N/A

#### Fair Play

- 3 identify and demonstrate etiquette and fair play

#### Leadership

- 4 accept responsibility for assigned roles while participating in physical activity

#### Teamwork

- 5 display a willingness to play cooperatively with others of various abilities, in large or small groups
- 6 N/A



### General Outcome D: Do it Daily for Life

D2–

#### Effort

- 1 express a willingness to participate regularly in physical education class
- 2 identify personal factors that encourage movement

#### Safety

- 3 demonstrate the ability to listen to directions, follow rules and routines, and stay on-task while participating in physical activity
- 4 demonstrate and participate in safe warm-up and cool-down activities
- 5 demonstrate moving safely and sensitively in various environments; e.g., modified games

#### Goal Setting/Personal Challenge

- 6 practise setting a short-term goal related to positive effort to participate in a physical activity
- 7 identify ways to change an activity to make it a challenge based on personal abilities

#### Active Living in the Community





- 8 identify types of physical activities people choose within the community
- 9 make appropriate movement choices considering personal space, safety, ability and the surrounding environment

# Physical Education Lesson

Grade: \_\_\_\_\_

Unit: \_\_\_\_\_

Date: \_\_\_\_\_

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

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## Grade 3 – Specific Outcomes



### General Outcome A: Activity

A3–

#### Basic Skills

- 1 respond to a variety of stimuli to create locomotor sequences
- 2 N/A
- 3 respond to a variety of stimuli to create nonlocomotor sequences
- 4 N/A
- 5 demonstrate ways to receive, retain and send an object, using a variety of body parts and implements; and, perform manipulative skills individually and with others while using a variety of pathways
- 6 N/A

#### Application of Basic Skills

- 7 select and perform basic skills in a variety of environments and using various equipment; e.g., snowshoeing
- 8 select and perform basic dance steps and patterns; e.g., creative, folk, line, sequence and novelty, alone and with others
- 9 select and perform simple movement sequences by using elements of body and space awareness and relationships, alone and with others
- 10 perform and play lead-up games and demonstrate elements of space awareness, effort and relationship
- 11 demonstrate the ability to work together with a teammate/team to achieve a common activity goal while playing and learning the basic strategies of lead-up games
- 12 select and perform the basic skills in educational gymnastics; e.g., use of different body parts, types of effort, space and relationships to develop a sequence
- 13 manipulate a variety of small objects while performing basic skills to demonstrate personal control; e.g., juggling



### General Outcome B: Benefits Health

B3–

#### Functional Fitness

- 1 describe the concept of energy required for muscles
- 2 demonstrate and describe ways to improve personal growth in physical abilities
- 3 experience movement involving the components of health-related fitness; e.g., flexibility, endurance, strength, cardio-respiratory activities

#### Body Image

- 4 describe personal physical attributes that contribute to physical activity
- 5 N/A

### Well-being

- 6 describe the benefits of physical activity to the body
- 7 describe the changes that take place in the body during physical activity
- 8 understand the connections between physical activity and emotional well-being; e.g., feels good



### General Outcome C: Communication

C3–

#### Communication

- 1 describe and demonstrate respectful communication skills appropriate to context
- 2 N/A

#### Fair Play

- 3 identify and demonstrate etiquette and fair play

#### Leadership

- 4 accept responsibility for assigned roles while participating in physical activity

#### Teamwork

- 5 display a willingness to share ideas, space and equipment when participating cooperatively with others
- 6 N/A



### General Outcome D: Do it Daily for Life

D3–

#### Effort

- 1 express a willingness to participate regularly in physical education class
- 2 describe factors that encourage movement and a personal feeling about movement

#### Safety

- 3 demonstrate the ability to listen to directions, follow rules and routines, and stay on task while participating in physical activity
- 4 demonstrate and participate in safe warm-up and cool-down activities
- 5 tell about safe movement experiences in various environments; e.g., gymnastic equipment

#### Goal Setting/Personal Challenge

- 6 set and achieve a short-term goal to increase effort and participation in one area of physical activity
- 7 identify ways to change an activity to make it a challenge based on personal abilities

#### Active Living in the Community





- 8 describe types of physical activities people choose within the community and reasons for their choices
- 9 make appropriate movement choices with consideration for safety of personal space, ability and surrounding environment

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