



# Physical Education

## Lesson Checklist

### Best Practices

- Students are active at least 80% of the class.
- Standard based outcomes are posted and written in grade level language.
- Instruction is developed to meet the needs of all learners in the class.
- The classroom is welcoming environment with visuals and modern technology.
- The assessments aligns with the standard being taught and is meaningful.

### Lesson Components

- Warm-up Activity
- What, Why and How to linked to Standards
- Skill Development and Practice Time
- Culminating Activity w/ Assessment
- Cool Down/ Closure

### Comments/Reflection of Lesson

### Assessment

- Checklist/Rubric
- Exit Ticket/Formative Assessment
- Video Analysis
- Application
- Fitnessgram
- Other