

Lesson Plan

Teacher Mrs. Megan Lloyd	Subject Physical Education Strand: K-2.1	Lesson Week of:	Theme/Unit Flexibility and Balance (Part 2) Levels
<p>PA State Standard(s)</p> <p>10.5.K-2.1.A - Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> • Non-locomotor movements (e.g., bend, stretch, twist) <p>National PE Standard(s)</p> <p>1.1.1F. K-5 - Maintains balance on different bases of support with different body shapes.</p> <p>2.2.2A.5 - Performs demonstrating low, middle, and high levels.</p> <p>2.2.2B.12-20 - Demonstrates competency in 3 or more specialized skills in health-related fitness activities (Flexibility).</p>			
<p>Goals and Objectives</p> <p>By the end of class, the students will be able to:</p> <ul style="list-style-type: none"> • Recognize the health-related fitness component: Flexibility/Fitness. • Demonstrate a variety of flexibility exercises maintaining stillness on different bases of support with different body shapes. • Identify the levels of high and low. 			
<p>Warmup/Introduction: (5 minutes)</p> <p>Introduction: Students will enter the gym and take a seat on a chair. The teacher will greet students and tell them what they are doing today, going over the schedule.</p> <p>Warm-up: Stretch up and down, twist side to side repeat 15. There will be three sides of the gym that students will be moving around. Students will go through the course 3-5 times.</p> <ol style="list-style-type: none"> 1. Cared to wade through 2. Locomotor movement - (running, walking, skipping, jumping, sliding, etc) 3. Agility Ladders <p>Transition: The teacher will briefly explain the stations. Assign students to stations. Then students will go to their assigned stations with the aids.</p>			

Adaptive Physical Education Lesson Plans

**Tennessee. University, University of
Tennessee (Knoxville campus)**

Adaptive Physical Education Lesson Plans:

Adapted PE Games and Activities Joanne Hynes-Hunter, Temoc Suarez, Grant Scheffer, Nick Kalisperis, 2013-01-29 This Adapted Physical Education Activity Book contains the tools you need to incorporate GenMove activities into your classroom and engage students in active learning Each developmentally appropriate inclusive activity includes student learning objectives skills to be learned equipment needs set up diagrams and instructions and suggested modifications We have provided general strategies for inclusion in any setting as well as guidelines for modifying activities for students with specific disabilities The curriculum also includes teacher and student authentic assessment activities that demonstrate student learning given NASPE's Standards We've designed innovative activities and inclusive non-threatening equipment that will level the playing field to ensure that all students can experience the benefits of physical activity

Designing and Implementing Effective Adapted Physical Education Programs Luke Edward Kelly, 2011 This book was written to assist adapted and general physical educators who are dedicated to ensuring that the physical and motor needs of all their students are addressed in physical education While it is anticipated that adapted physical educators where available will typically take the lead in many of the planning and assessing decisions addressed in this book the content has been organised and presented in such a manner as to facilitate its use by all physical educators To meet the needs of all of your students requires collaboration long range planning and continuous communication between all parties who work with your students The book has been designed to provide you with the methods and procedures to address the physical education needs of your students with disabilities so that they can all achieve their potential and the benefits of physical education

[Accessing the General Physical Education Curriculum for Students with Sensory Deficits](#) Roseanna Davidson, Effie Laman, Michael F.

Shaughnessy, 2006 Students in a regular physical education program typically learn skills through observation and practice Teachers and specialists working with students who are sensory impaired with multiple disabilities face unique challenges Because such students make up a small percentage of the population physical education texts on adaptation instructional strategies and activities for groups give only minimal information about working with them This new book explores the issues of the physical education curricula for sensory handicapped children Typically these curricula are based on old techniques that have been used since time immemorial Rather than examine how teachers utilise obsolete curricula this important book examines how they effect the students

Adapted Physical Education Lowell F. Masters, Allen A. Mori, Ernest K. Lange, 1983

Oswaal CBSE Question Bank Class 11 Physical Education, Chapterwise and Topicwise Solved Papers For 2025 Exams Oswaal Editorial Board, 2024-02-03 Description of the product 100% Updated Syllabus Question Typologies We have got you covered with the latest and 100% updated curriculum along with the latest typologies of Questions Timed Revision with Topic wise Revision Notes Smart Mind Maps Study smart not hard Extensive Practice with 1000 Questions SAS Questions Sri Aurobindo Society To give you 1000 chances to become a champ Concept Clarity with 500

Concepts Concept Videos For you to learn the cool way with videos and mind blowing concepts NEP 2020 Compliance with Competency Based Questions Artificial Intelligence For you to be on the cutting edge of the coolest educational trends

Adapted Physical Education and Recreation Claudine Sherrill,1986 **Resources in Education** ,1987 **Adapted Physical Activity Quarterly** ,2004 **Adapted Physical Activity, Recreation, and Sport** Claudine Sherrill,2004 Offering the most comprehensive coverage available and broadening the audience scope to include students majoring in exercise science or coaching who are preparing for nonteaching positions this new edition features a lifespan cross disciplinary approach valuable for both teaching and non teaching professionals Adapted Physical Activity Recreation and Sport emphasizes attitude change inclusion and psychosocial perspectives for understanding individual differences **Journal of Health, Physical Education, Recreation** ,1961 Elementary Classroom Teachers as Movement Educators Susan K. Kovar,2004 *The Best Web Sites for Teachers* Vicki F. Sharp,Martin G. Levine,Richard M. Sharp,2002 **Adapted Physical Activity, from Theory to Application** Theresa L. Smith,1983 *Exceptional Child Education Resources* ,1991 **General Catalog** Tennessee. University,University of Tennessee (Knoxville campus),1965 **Resources in Education** ,1985 **Bulletin** Pennsylvania. Department of Public Instruction,1939 *El-Hi Textbooks in Print* ,1977 **Adapted Physical Education in the Mainstream** Bryant J. Cratty,1989 Exceptional Child Education Abstracts ,1975

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