**Lesson Plan**

**Health and Physical Education**

1. **Unit Topic:**
2. **Lesson Title**:
3. **Grade Level**:
4. **Learning Outcomes Health include Core Concepts and Type of Health Literacy Skill/Physical Education include the Physical Education Topic(s)**
   1. **Core Concepts, Health Literacy Skills, or Physical Education Topics:**

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* 1. **Outcomes:**

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1. **Assessment**
   1. **Diagnostic, Formative or Summative:**

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1. **Instructional Outline**
2. **Introduction:**

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1. **Content Outline:**

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1. **Learning Strategies and Activities:**
   1. **Skill Development**
      * **\*Explain Importance of the Skill:**

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* + - **Demonstrate Skill Steps:**

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* 1. **Skill Application**
     + **Provide adequate time to demonstrate and practice skill:**

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* + - **Formative assessments:**

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1. **Closure:**

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1. **Modifications/Extensions:**

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1. **\*Vocabulary:**

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1. **\*Materials:**

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1. **\*Resources**:

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**\***Use as needed