# LESSON PLAN FORMAT

**Developmental Level:** _____  **Grade Level:** _____  **Age Range:**  

| Name: ______________________ | Date: ______ | Lesson #: ___  | Activity: __________________________ | # in class: ______ |

**Text Reference:**

Subject: Education, Physical Education or Health (K-12)

**Behavioral Objective:**

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>DESCRIPTION of ACTIVITIES and SETTING</th>
<th>(Formation)</th>
<th>MATERIALS AND SUPPLIES (Equipment)</th>
<th>TIME</th>
</tr>
</thead>
</table>
| 1. Focus and Review  
Warm Up: (Stretching) or Activity  
(10 Points) | 1.  
2.  
3. | 1.  
2.  
3. | 1.  
2.  
3. | 1.  
2.  
3. |
| 2. Statement of Objective  
(Behavior/Criteria/Standards)  
(3 Points) | 1.  
2.  
3. | 1.  
2.  
3. | 1.  
2.  
3. | 1.  
2.  
3. |
| 3. Teacher Input  
Definition/Cues/Demonstration/Lyrics)  
(30 Points) | 1.  
2.  
3. | 1.  
2.  
3. | 1.  
2.  
3. | 1.  
2.  
3. |
| 4. Guided Practice  
(Monitor each Student/Stress Points)  
(20 Points) | 1.  
2.  
3. | 1.  
2.  
3. | 1.  
2.  
3. | 1.  
2.  
3. |
| 5. Independent Practice  
(Evaluation)  
(3-5 Activities)  
(20 Points) | 1. __________________________  
2. __________________________  
3. __________________________  
4. __________________________  
5. __________________________ | 1.  
2.  
3.  
4.  
5. | 1.  
2.  
3.  
4.  
5. | 1.  
2.  
3.  
4.  
5. |
| 6. Closure  
(Definition, Cues,  
Demonstration, Next Lesson, Assignment and Learner Performance Feedback)  
(10 Points) | 1.  
2. | 1.  
2. | 1.  
2. | 1.  
2. |

**Alternative Lesson Plan:**

(2 Points)

*Must be completely different from the lesson planned.*