

EDUC 482 Physical Education Methods Unit Plan

1. Create a title page that includes:
 - A colored picture
 - The activity title
 - Your name and the date
 - The course name: HPER 482
 - The instructor's name
2. Select a variety of Physical Education standards. Write the objectives for the activity, aligned to the standards. Include all three domains:
 - Cognitive
 - Affective
 - Psychomotor
3. Create a 5-day block plan that includes both required components for each day:
 - A fitness lesson
 - The main activity
4. Write a complete lesson plan that includes:
 - Lesson topic
 - Grade level
 - Equipment needed
 - Objectives and standards
 - Introductory activity
 - Warm-up or fitness activity
 - Lesson focus
 - Adaptations for diverse learners
 - Closure
5. Include 5-minute blocks that are:
 - Present for the full day
 - Organized
 - Easy to understand
6. Provide the rules for the game. Include:
 - A clear list of rules
 - A diagram of the court or equipment setup
7. Provide drills and technique materials. Include:
 - Three drills
 - One lead-up game

- Basic skills defined with both words and pictures
8. Write a Modifications for Diversity Summary that addresses all five groups:
- Gender
 - Religious or cultural considerations
 - Linguistic differences
 - Special medical needs
 - Special needs or disabilities
9. Create a written test for Physical Education that includes:
- A test title
 - A space for the student's name
 - A brief explanation or directions
 - Quality questions aligned with the activity
10. Create a skills test that includes:
- A title and space for the student's name
 - Clear directions
 - A scoring rubric
11. Review all components to ensure they are complete and aligned with the rubric.

Unit Plan Rubric

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	Excellent 10 pts	Average 5 pts	Unsatisfactory 0 pt	Points
Title Page	Title page includes: 1. Colored Picture 2. Activity Title 3. Name/Date 4. Course-HPER 482 5. Instructor name	Title page is mostly Complete- missing more than 1 of the listed components.	Title page is incomplete- missing more than 2 listed components	_____
Objectives	Objectives of the activity are listed: Cognitive domain Affective domain Psychomotor	Objectives are listed in only 1 domain	Missing the objectives	_____
5 Day plan	The 5 day Block plan includes: 1. Fitness lesson 2. Main activity	The Block plan is missing 1 of the 2 required components.	Block plan is missing 1 or more of the required components.	_____
Lesson Plan	Lesson Plan includes: 1. Lesson Topic 2. Grade level 3. Equipment needed 4. Objectives & Standards 4. Introductory 6. Warm up/fitness activity 7. Lesson focus 8. Adaptations 9. Closure	The Lesson plan is missing 1 or more of the 9 required components.	Lesson plan is incomplete and missing more than 2 of the required components.	_____

5 minute blocks	5 minute blocks present Organized Easy to understand	Other time used Not complete for whole day	No blocks present	_____
Rules	Rules of the game are Listed and easy to follow. A diagram of court or equipment	Rules of the game are Incomplete. No diagram	Rules are not provided	_____
Drills, and Technique	3 drills 1 lead up game Basic skills defined with words and pictures	Less than 3 drills Or no lead up games Or No tech defined or pictures	No technique defined No drills and lead up games	_____
Modifications for Diversity Summary	Summary includes modifications for: 1. Gender 2. Religious/cultural 3. Linguistics 4. Special medical 5. Special needs	Summary includes modifications for 2 or 3 groups	Summary is missing	_____
Written Test	Test should include: 1.Title of Test 2.Space for Name _____ 3.Test explanation 4.Quality questions	Test is missing 1 of the 4 components	Test is missing 2 or more of the components	_____
Skills Test	Test should include: 1.Title & Name 2.Good directions 3.Scoring rubric	Test is missing 1 of the components	Test is missing 2 or more of the components.	_____

Total Points _____/50