

## 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

EDUC 482

	<b>Excellent</b> 10 pts	<b>Average</b> 5 pts	<b>Unsatisfactory</b> 0 pt	<b>Points</b>
<b>Title Page</b>	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	_____
<b>Objectives</b>	Objectives of the activity are listed:  Cognitive domain  Affective domain  Psychomotor	Objectives are listed in only 1 domain	Missing the objectives	_____
<b>5 Day plan</b>	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.	_____
<b>Lesson Plan</b>	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