



Physical Education Lesson Plans for Classroom Teachers, Grades 4-6

Carol Jahan

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A complete physical education program, for a 10 month school year, written for classroom teachers. This book is a guide to help classroom teachers provide a complete physical education program, which includes skills, fitness activities, and knowledge of concepts to maintain fitness. The Overview of the Program guides the teacher through the year indicating which activities to teach, and in what sequence, while also allowing the flexibility to add the teacher's choice of other activities. The User's Guide gives many techniques to make organizing and teaching P.E. easier. The blank lesson plan form to copy and follow makes it very easy to quickly construct an effective physical education lesson that includes all the components of a comprehensive program. The activities in this program are proven to be effective because they have been used by the author in her physical education classes. This book is not a collection of games, as in other manuals. It is a complete comprehensive program aligned with the California Content Standards for Physical Education as defined in the Curriculum Frameworks. The standards are listed for each activity for easy reference, and to coordinate with other state's standards descriptions. Teachers around the country endorse this program.

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