

Name/Title: Choosing Appropriate PE Lessons Checklist

Suggested Grade Level: K-12

Description of Idea

The following checklist is a nice guide to use when choosing physical activities to use in your classes.

- Does the activity provide for differences in the skill levels of your students? (i.e., is it developmentally and/or instructionally appropriate?)
- Can all students be successful, and at the same time, challenged?
- Does the activity provide for maximum participation?
- Can you emphasize the "[learnable piece](#)" (i.e., cues, strategy) during the activity?
- Does the activity provide for maximum practice time?
- Can you **teach** your students what you want them to **learn** from the lesson using the chosen activity?
- Can you [assess](#) student learning?

Submitted by **Eloise Elliott** who teaches at Concord College in Athens, WV. Thanks for contributing to PE Central! **Posted on PEC: 9/19/2001.**

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