Name/Title: Sample Unit Plan

Purpose of Event: To put forth a possible unit plan organizer that may be helpful to teachers of middle/high school aged students.

Suggested Grade Level: 6-12

Description of Idea

The following is put forth as a guide for writing out a Health and/or PE unit plan for Middle/High School. It was originally designed for pre-service/new teachers. Please adjust to fit your particular situation--this is not the end-all to designing unit plans. There are a number of ways to do this.

1. Title Page

Unit Name (Typically a Content Area for Health or PE)

Number of days unit will last

Date Start-Date End

Grade level (s)

Your Name
School Name
Date

2. Objectives

Unit Name
Grade (s)
Number of Days
Date End-Date Start

Unit Objectives

(List as many as you think your students can LEARN! Some units may not include objectives for all three categories.)

Psychomotor:

Cognitive:

Affective:

1.

3. Scope and Sequence

Unit Name

Day 1	Day 2	Day 3	Day 4	Day 5
Intro to Unit Watch Videotape of Skill/Activity Homework Assignment	Rules/Etiquette for Unit Skill Practice	Skill practice	Skill practice Written Assessment	Play modified, sı sided games
Day 6	Day 7	Day 8	Day 9	Day 10
Review rules, etiquette in classroom	Modified Game Play	Stations	Play Game	Play Game Final Assessmen Piece

4. Assessment Strategies/Ideas:

Indicate how you will be assessing your students to see if your students reached your Unit Objectives.

5. Contingency/Emergency Lesson Ideas:

Indicate the lesson ideas you plan on implementing that will replace any ideas that are in your unit plan. These may include days you lose your classroom or physical activity area due to assemblies, inclement weather, or other situations that may arise.

Ideas may include but are not limited to:

- Adjust what you had planned for outside to the indoor facility;
- Motor skill or Fitness Stations;
- Cooperative activities;
- Test review activities for the classroom (i.e., jeapardy, family feud, etc.)

6. Materials needed (list all equipment and other materials you will need for the entire unit, include quantity needed for each piece as well):

7. Daily Lesson Plans from the Unit

Submitted by **Mark Manross.** Thanks for contributing to PE Central! **Posted on PEC: 5/5/2000**.

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