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:**

3. Scope and Sequence

<table>
<thead>
<tr>
<th>Unit Name</th>
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</thead>
<tbody>
<tr>
<td>Day 1</td>
</tr>
<tr>
<td>Intro to Unit</td>
</tr>
<tr>
<td>Watch Videotape of Skill/Activity</td>
</tr>
<tr>
<td>Homework Assignment</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day 6</th>
<th>Day 7</th>
<th>Day 8</th>
<th>Day 9</th>
<th>Day 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Review rules, etiquette in classroom</td>
<td>Modified Game Play</td>
<td>Stations</td>
<td>Play Game</td>
<td>Play Game Final Assessment Piece</td>
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</tbody>
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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., jeopardy, 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. Visit S&S Discount for all your physical education equipment and supplies!