

Name \_\_\_\_\_



Date \_\_\_\_\_

Physical Education Lesson Plan: Strike a Pose Follow the Leader

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Subject:	Physical Education
Concept:	Movement-ability to follow the leader
Grade Level:	1 <sup>st</sup> grade
Objective:	To demonstrate ability to follow the leader and confidence to exhibit individual creativity and expression.
Materials:	Gym floor
Timeline:	30 minutes
Instructional Procedures:	Students gather together in the center of the gym floor in a big circle allowing about two feet of space between each other. One student stands in the center of the circle and is the leader who strikes a pose at the sound of the teacher's whistle. All of the students in the circle have to mimic the leader's pose. Each student will have a turn to be the leader.
Integrated Curriculum:	Discuss the importance of following the leader while maintaining your own individual creativity. Additionally, this lesson is an opportunity to discuss the importance of respecting individual differences.
Assessment:	Students must demonstrate their ability to perform the instructions from their leader in each of the "strike a pose" scenarios while demonstrating their ability to express and demonstrate their own individual creative expression when they are given the opportunity to be the leader.