

THE ULTIMATE WEEKLY PE LESSON STRUCTURE

1

Day 1: Skill Acquisition

Warm-Up → Skill
Focus → Stations →
Cool Down

*Goal: Introduce
mechanics and build
muscle memory*

2

Day 2: Gameplay

Warm-Up → Skill
Activity → Dynamic
Game → Cool Down

*Goal: Transfer skills
to collaborative
environments*

3

Day 3: Evaluation

Warm-Up → Review
→ Assessment →
Cool Down

*Goal: Reinforce skill
and log student
progress*