**Standard PE/Fitness/Health Routine for Physical Education**

1. *Warm-Up listed on board and screen (3-5 min.)*
2. *Stretches (2-3 min.)*
3. *Motor skills/movements concepts practice (5-8 min.)*
4. *Exercise Tabata for strength/endurance (4-6 min.)*
5. *Health Lesson Component per unit (4-6 min.)*
6. *(Switch with music) \*Tabata during switch for music group warm up (4 min.)*
7. *Game introduction and play- per unit and weekly outlook. (20-22 min.)*
8. *Socratic seminar, discussion, evaluation (3-5 min.)*

*\*MONITOR AND ADJUST PER UNIT AND WEEKLY OUTLOOK PLANS*