

## PHYSICAL EDUCATION INSTRUCTIONAL FRAMEWORK

The *Physical Education Instructional Framework* is designed to assist teachers with the planning and delivery of instruction.

The physical education framework divides the instructional time into the following areas:

**Warm-ups:** Fitness activities that develop the components of physical fitness (cardiovascular endurance, muscular strength, muscular endurance, and flexibility). Additional warm-ups related to task extensions may be included.

**Task Extensions:** The teacher provides content instruction and assigns activity tasks for the students to practice. Downward and Upward Extensions are variations of the basic task used to differentiate instruction based on the skill level/performance of the students.

**Refinements:** The refinement should provide a task or focus on one (or more) critical elements which is a "common error" for students.

**Applications:** The teacher presents a "challenge task" for the extension which provides some form of criterion to measure success. The intent of the application is to see if the students are ready to move on.

**Closure:** Review of the key elements.

