Lesson Plans: 3rd Quarter Week 1

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|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY ½ day |
| CONTENTOBJECTIVE: | Schedules and Syllabus. Students will review and read the syllabus to understand the expectations of the class. | Schedules and Syllabus. Students will review and read the syllabus to understand the expectations of the class. | Students will participate in basketball games as part of the round robin tournament. | Students will participate in basketball games as part of the round robin tournament. | **Personal Fitness**Students will complete multiple activities to sustain a target heart rate throughout the class period. |
| VOCABULARY: | Tardy, points earned, attendance spot, locker room. | Tardy, points earned, attendance spot, locker room. |  |  | heart rate, pulse |
| LANGUAGE OBJECTIVE: | Students will be able to orally describe how exercise intensity impacts heart rate. | Students will be able to offer 1 suggestion as to how their partner can improve their dribbling ability. | Students will be able to explain to a partner the meaning of “Out of Bounds”. | Students will be able to identify an aspect of teamwork their team can improve on by completing an Exit question. | Students will record their heart rate on  the “Physical Activity/Heart Rate Log” Form. |
| GLCE: | **K.AN.06.01-08.01**K.AN.06.02-08.02K.HR.06.06-.08.06**K.HR.06.07-.08.07****K.HR.06.08-08.08**K.PS.06.01-08.01K.PS.06.02-08.02K.SB.06.01-08.01 | K.HR.06.06-.08.06K.HR.06.07-.08.07K.HR.06.08-08.08**M.MC.06.01-08.01****M.MS.06.05-08.05**K.PS.06.01-08.01K.PS.06.02-08.02K.SB.06.01-08.01 | K.HR.06.06-.08.06K.HR.06.07-.08.07K.HR.06.08-08.08**M.MC.06.01-08.01****M.MS.06.05-08.05**K.PS.06.01-08.01K.PS.06.02-08.02K.SB.06.01-08.01 | K.HR.06.06-.08.06K.HR.06.07-.08.07K.HR.06.08-08.08**M.IG.06.01-08.01****M.IG.06.02-08.02****K.IG.06.01-08.01****K.IG.06.02-08.02****K.NG.06.01-08.01****K.NG.06.02-08.02****K.PS.06.01-08.01****K.PS.06.02-08.02**K.SB.06.01-08.01 | **K.HR.06.06-.08.06**K.HR.06.07-.08.07K.HR.06.08-08.08**K.PS.06.01-08.01****K.PS.06.02-08.02****K.SB.06.01-08.01** |