Lesson plans: Quarter 3 Week 2

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|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Content  Objective | Students will work together as a pair to Complete the sit-up and pushup fitness pre-test | Students will work together as a pair to Complete the 5-minute jog fitness pre-test, and create obtainable goals for their post-test. | Students will be able to demonstrate knowledge of teamwork to complete the mission impossible task. | Students will be active in one of the chosen activities for 90% of the class period. | Students will participate at 90% of their activity level in a variety of physical conditioning activities and games. "Personal Fitness" |
| Standard | A.4.HR.3   Meet the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed Arm Hang). | A.4.HR.2   Meet the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test, Handcycle Test). | K.PS.06.01-08.01 – analyze behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in dynamic settings. | K.2.HR.6  Develop and implement a plan for improving or maintaining health-related fitness status. | A.3.PA.1  Accumulate time in physical activities that are moderate to vigorous in intensity level (i.e., a minimum of 60 minutes per day for 7 days a week while maintaining 75% of target heart rate) while participating primarily in physical activities that focus on combining locomotor and manipulative skills and applying strategies in modified gameplay outside of physical education. |
| Language Objective | Students will be able to verbally describe the starting position of each skill | Students will be able to tell their partner what their favorite physical activity is and why. | Verbally name 3 behaviors that contribute to positive teamwork in completing the mission impossible task. | Students will be able to list to a friend the 3 places where their pulse can be found. | Students will be able to explain what muscle groups they were using during the activity. |
| vocabulary | Sit up, push up | Wellness, fitness, activity | teamwork, sportsmanship, strategy | Ready body position, | Conditioning, push-up, prone body position, supine body position |
| Instruction/ activity/ stations/ | Students will work with a partner to complete the sit up and push up pretests.  Extra time: students will choose their activity from one of the offered activities. | 5-minute jog pre-test  Students will record their results and then create goals to work toward for their post-test.  Extra time: students will choose their activity from one of the offered activities. | Set up Gym area with equipment for mission impossible. Talk to students about the pest strategy and teamwork. Time challenge per class.  Mr. Hill, will pull students that need to finish fitness testing. After students finish fitness testing | Warm up: calender  Make-up pre-testing for absent students.  Students will participate in one of the class activities for the class period.  Extra time: students will choose their activity from one of the offered activities. | Warm-up: calendar |
| Wrap-up/ closure | Have students answer the L.O. to a small group | Have students answer the L.O. to the class. | Have students answer the L.O. to a person sitting next to them | Have students answer the L.O. to a person sitting next to them | Group discussion of what muscle groups we worked today. Have students answer the L.O. to a person sitting next to them. |