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| Pickens High School | Teacher: Nelson  | Week 2: Mar 27 – 31, 2017 |
| Per | Monday | Tuesday | Wednesday | Thursday | Friday |
| 1-4 | **EQ -** What is personal fitness?**Tasks-**Chapter 1Circuit trainingPractice for 4-min run test**Assign**-Discuss Chapter 1 Define: Personal fitness Health Wellness Physical Activity Benefits of Wellness Resting Heart Rate Pulse- wrist, neck **Homework** **Determine Resting HR** List and Define Health Related Components of Fitness List Skill Related ComponentsWarm Up- teach stretches, sit ups, pushups, jogBegin FitnessGram Practice **Diff. Inst.-**Modifications made according to IEP for special need students.Students will receive individual assistance as needed.**Standards -** PEHS 3-6 | **EQ-** What is FITT?**Tasks-**Chapter 2Chapter 3Intro to Weight TrainingPractice for 4-min run test**Assign-**Review Chapter 1Discuss Chapter 2 Define: Heat Exhaustion Heat Stroke Guidelines for hot weatherDiscuss Chapter 3 List and Define 3 principles of training Overload Progression Specificity What is FITT F-frequency- how often I- intensity- how hard T-time-how long T-type- what kindWarm up- stretch, sit ups, push-ups, jogContinue FitnessGram PracticeIntroduce SquatsIntroduce Bench**Diff. Inst.-**Modifications made according to IEP for special need students.Students will receive individual assistance as needed**Standards -** PEHS 3-6PEHS 4 | **EQ -** How are the components of fitness tested?**Tasks-**Chapter 4Fitness Pre testCircuit trainingPractice for 4-min run test**Assign-**Review Ch. 1, 2, 3Discuss Chapter 4 Define Warm Up Define Workout All parts Different parts Lifestyle plus Define Cool downWarm Up- Stretch, sit ups, push ups, jogContinue FitnessGram Practice**Diff. Inst.-**Modifications made according to IEP for special need students.Students will receive individual assistance as needed.**Standards -** PEHS 3-6 | **EQ -** How are the components of fitness tested?**Tasks-**Chapter 5Intro to Weight TrainingPractice for 4-min run testWarm Up for the activity of the dayActivityPre test- Push ups and sit and reach**Assign**-Discuss Chapter 5 Define Atherosclerosis Heart Attack Stroke Blood Pressure Cancer Diabetes Obesity Osteoporosis Biomechanical principles for liftingWarm up- stretch, sit ups, push-ups, jogContinue FitnessGram PracticeIntroduce Power Cleans**Diff. Inst.-**Modifications made according to IEP for special need students.Students will receive individual assistance as needed.**Standards -** PEHS 4 | **EQ -** What activities can you participate in to gain fitness?**Tasks-**Warm Up for the activity of the day4-minute run testParticipate in Game day**Assign-**Warm Up Stretch, sit ups, push ups, jogGame day Walk, Table tennis, basketball, badminton, guard the pinDefine: Frostbite Hypothermia Guidelines for cold weather Guidelines to prevent injuryContinue FitnessGram Practice**Diff. Inst.-**Modifications made according to IEP for special need students.Students will receive individual assistance as needed.**Standards -** PEHS 4-6 |