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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 1  Circuit training  Practice 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 Components  Warm Up- teach stretches, sit ups, pushups, jog  Begin 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 2  Chapter 3  Intro to Weight Training  Practice for 4-min run test  **Assign-**  Review Chapter 1  Discuss Chapter 2  Define:  Heat Exhaustion  Heat Stroke  Guidelines for hot weather  Discuss 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 kind  Warm up- stretch, sit ups, push-ups, jog  Continue FitnessGram Practice  Introduce Squats  Introduce Bench  **Diff. Inst.-**Modifications made according to IEP for special need students.  Students will receive individual assistance as needed  **Standards -**  PEHS 3-6  PEHS 4 | **EQ -** How are the components of fitness tested?  **Tasks-**  Chapter 4  Fitness Pre test  Circuit training  Practice for 4-min run test  **Assign-**  Review Ch. 1, 2, 3  Discuss Chapter 4  Define Warm Up  Define Workout  All parts  Different parts  Lifestyle plus  Define Cool down  Warm Up- Stretch, sit ups, push ups, jog  Continue 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 5  Intro to Weight Training  Practice for 4-min run test  Warm Up for the activity of the day  Activity  Pre 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 lifting  Warm up- stretch, sit ups, push-ups, jog  Continue FitnessGram Practice  Introduce 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 day  4-minute run test  Participate in Game day  **Assign-**  Warm Up  Stretch, sit ups, push ups, jog  Game day  Walk, Table tennis, basketball, badminton, guard the pin  Define:  Frostbite  Hypothermia  Guidelines for cold weather  Guidelines to prevent injury  Continue FitnessGram Practice  **Diff. Inst.-**  Modifications made according to IEP for special need students.  Students will receive individual assistance as needed.  **Standards -**  PEHS 4-6 |