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| **Grade Level** Personal Fitness | **Teacher/Room**: Nelson Week 3: Apr 10 - 14, 2017 |
| **Unit Vocabulary:** Muscular endurance, resistance, twitch muscles (fast/slow) |
| **Instructional Strategies Used:** lecture, power point, demonstration, and model |
| **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** |
| **GSE/GPS Standard(s)**:PEHS 3-6 | **GSE/GPS Standard(s)**:PEHS 3-6 | **GSE/GPS Standard(s)**: PEHS 3-6 | **GSE/GPS Standard(s)**: PEHS 3-6 | **GSE/GPS Standard(s)**: PEHS 3-6 |
| **EQ Question:**How do you develop muscular strength? | **EQ Question:**How do you develop muscular strength? | **EQ Question:**Why is it important to develop endurance? | **EQ Question:**What is plyometrics?What is Circuit Training? | **EQ Question:**What are lifetime activities? |
| **Mini Lesson:** Warm up 6 minute run practice**Activating Strategies:**Discuss fitness terms: add resting heart rate, Max heart rate, Target Heart rate**Resource/Materials:**Circuit training | **Mini Lesson:** Discuss Chapter 8Discuss weight room rules and demonstrated proper workout6 minute run**Activating Strategies:**Turn and talk-how many reps and sets**Resource/Materials:**Weight training | **Mini Lesson:** Discuss breathing and pacing for the mile6 minute run**Activating Strategies:**Turn and talk-tell partner last time on mile**Resource/Materials:**Track or 20 laps around the gym6 minute run | **Mini Lesson:** Teach Incline Bench and Front Squat. Add 1 arm Overhead Db Squats & Bosu Ball push ups**Activating Strategies:**Which is your favorite station from last week-tell partner**Resource/Materials:**Weight training | **Mini Lesson:** 6 Minute runParticipate in game day**Activating Strategies:**Tell which is favorite game**Resource/Materials:**New gym |
| **Differentiation:***Each is individualized*The individual student's IEP accommodations will be addressed as needed. | **Differentiation:***Each is individualized*The individual student's IEP accommodations will be addressed as needed. | **Differentiation:**The individual student's IEP accommodations will be addressed as needed.Students will receive individual assistance when needed. | **Differentiation:**The individual student's IEP accommodations will be addressed as needed.Students will receive individual assistance when needed. | **Differentiation:**The individual student's IEP accommodations will be addressed as needed.Students will receive individual assistance when needed. |
| **Assessment :***Pre-Test:**Post-Test:**Formative: Run test**Summative: Participation**Performance Based:* | **Assessment:***Pre-Test:**Post-Test:**Formative: Run test**Summative: Participation**Performance Based****:*** | **Assessment:***Pre-Test:**Post-Test:**Formative: Run test**Summative: Participation**Performance Based:* | **Assessment:***Pre-Test:**Post-Test:**Formative: Run test**Summative: Participation**Performance Based:* | **Assessment:***Pre-Test:**Post-Test:**Formative: Run test**Summative: Participation**Performance Based:* |
| **Homework:** Perform a fitness activity at least 30 minutes | **Homework:** Perform a fitness activity at least 30 minutes | **Homework:** Perform a fitness activity at least 30 minutes | **Homework:** Perform a fitness activity at least 30 minutes | **Homework:**Perform a fitness activity at least 30 minutes |

Resources and Reflective Notes: