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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 8  Discuss weight room rules and demonstrated proper workout  6 minute run  **Activating Strategies:**  Turn and talk-how many reps and sets  **Resource/Materials:**  Weight training | | **Mini Lesson:**  Discuss breathing and pacing for the mile  6 minute run  **Activating Strategies:**  Turn and talk-tell partner last time on mile  **Resource/Materials:**  Track or 20 laps around the gym  6 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 run  Participate 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: