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| **Grade Level**  Personal Fitness | | **Teacher/Room**: Nelson Week 5: Apr 24 – Apr 28, 2017 | | | |
| **Unit Vocabulary: Flexibility, Hypermobility, Laxity** | | | | | |
| **Instructional Strategies Used: Lecture, demonstration, and model** | | | | | |
| **Day 1** | **Day 2** | | **Day 3** | **Day 4** | **Day 5** |
| **Common Core Standard(s)**:  **PEHS 1-6** | **Common Core Standard(s)**:  **PEHS 1-6** | | **Common Core Standard(s)**:  **PEHS 3-6** | **Common Core Standard(s)**:  **PEHS 3-6** | **Common Core Standard(s)**:  **PEHS 3-6** |
| **EQ Question:**  What is muscular strength and do you develop it? | **EQ Question:**  How do you change from muscular strength to endurance? | | **EQ Question:**  Is running a mile a good way to develop cardiovascular fitness? | **EQ Question:**  What is circuit training and why is it important? | **EQ Question:**  What are some lifetime fitness activities? |
| **Mini Lesson:**  Dynamic warmup, jog, stretch  **Activating Strategies:**  **Lesson: Make ups on fitness gram testing**  Timed 8 minute run test practice Discuss flexibility from Cha 10  Resting heart rate, Max heart rate  **Resource/Materials:**  Dragon Mile | **Mini Lesson:**  Dynamic warmup, jog, stretch  **Activating Strategies:**  Turn and explain to your partner proper weightlifting  techniques  **Lesson:**  Timed 8-minute run  Sit & reach fitness gram  Muscular endurance, 3 sets of 8 on each machine  **Resource/Materials:**  Weight room | | **Mini Lesson:**  Dynamic warmup, jog, stretch  **Activating Strategies:**  Push up test on fitness gram  **Lesson: make up on fitness gram**  Heart rate  Participate in basketball or interest choice  **Resource/Materials:** Circuit Training basketball | **Mini Lesson:**  Dynamic warmup, jog, stretch  **Activating Strategies:**  Tell coach your favorite circuit station  **Lesson:**  Timed 8-minute run  Complete all weight circuit training stations  Free activity of choice  **Resource/Materials:**  Hurdles, badminton racket and birdies, jump rope, weights, and medicine ball | **Mini Lesson:**  Dynamic warmup, jog, stretch  **Activating Strategies:**  Quick talk about what lifetime activity you like and why to the person on the left  **Lesson:**  Curl up test ,Timed 8-minute run practice.  Participate in a lifetime activity  **Resource/Materials:**  Ping pong tables, balls and paddles, walking track, basketballs |
| **Differentiation:**  ***Content/Process/ Product***  *Participation*  ***Grouping Strategy:***  *By skill assessment* | **Differentiation:**  ***Content/Process/ Product***  *Perform more reps w/ more weight*  ***Grouping Strategy:***  *Ability by 3/4* | | **Differentiation:**  ***Content/Process/ Product***  *Mile time improvement from last wk*  ***Grouping Strategy:***  *Individual* | **Differentiation:**  ***Content/Process/ Product***  *Participation*  ***Grouping Strategy:***  *Ability by 3/4* | **Differentiation:**  ***Content/Process/ Product***  *Participation*  ***Grouping Strategy:***  *Interest grouping* |
| **Assessment :**  Observation  Participation | **Assessment:**  Observation  Participation | | **Assessment:**  Observation  Participation | **Assessment:**  Observation  Participation | **Assessment:**  Observation  Participation |
| **Homework:**  Perform a fitness activity at least 20 minutes | **Homework:**  Perform a fitness activity at least 20 minutes | | **Homework:**  Perform a fitness activity at least 20 minutes | **Homework:**  Perform a fitness activity at least 20 minutes | **Homework:**  Perform a fitness activity at least 20 minutes |

Resources and Reflective Notes: