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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 10Resting heart rate, Max heart rate**Resource/Materials:**Dragon Mile | **Mini Lesson:** Dynamic warmup, jog, stretch**Activating Strategies:**Turn and explain to your partner proper weightliftingtechniques**Lesson:**Timed 8-minute runSit & reach fitness gramMuscular 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 rateParticipate 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 runComplete all weight circuit training stationsFree 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 :**ObservationParticipation  | **Assessment:**ObservationParticipation | **Assessment:**ObservationParticipation  | **Assessment:**ObservationParticipation  | **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: