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| **Grade Level**  Personal Fitness | | **Teacher/Room**: Nelson Week 6: May 1 – May 5, 2017 | | | |
| **Unit Vocabulary: Add remaining vocabulary Test Review all Vocabulary** | | | | | |
| **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 are the 5 components of fitness? | **EQ Question:**  How do you change from muscular strength to endurance? | | **EQ Question:**  What did we do today for muscular endurance? | **EQ Question:**  What are the 6 skill related components of fitness? | **EQ Question:**  What are some lifetime fitness activities? |
| **Mini Lesson:**  Dynamic warmup, jog, stretch  **Activating Strategies:**  Review terms  **Lesson:**  Intro Fitness gram  Practice 8-minute run -Dragon Run (3 laps)  **Resource/Materials:**  Basketball | **Mini Lesson:**  Dynamic warmup, jog, stretch  **Activating Strategies:**  Turn and explain to your partner proper weightlifting  techniques  **Lesson:**  Fitness gram  Muscular endurance, 2 sets of 10 on each machine  **Resource/Materials:**  Weight room  Sit & reach | | **Mini Lesson:**  Dynamic warmup, jog, stretch  **Activating Strategies:**  Tell partner good luck on test  **Lesson:**  Intro Fitness gram  Practice 8-minute run-Dragon Run 3 laps  **Resource/Materials:**  basketball | **Mini Lesson:**  Dynamic warmup, jog, stretch  **Activating Strategies:**  Tell coach your favorite circuit station  **Lesson:**  **8-minute run test**  Complete all weight circuit training stations  Free activity of choice  **Resource/Materials:**  Weight room | **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:**  Participate in a lifetime activity  **Resource/Materials:**  Ping pong tables, balls and paddles, volleyball equipment, walking track, basketballs |
| **Differentiation:**  ***Content/Process/ Product***  *Participation*  ***Grouping Strategy:***  *Individual* | **Differentiation:**  ***Content/Process/ Product***  *Perform more reps w/ more weight*  ***Grouping Strategy:***  *Ability by 3/4* | | **Differentiation:**  ***Content/Process/ Product***  ***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: