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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 gramPractice 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 weightliftingtechniques**Lesson:**Fitness gramMuscular endurance, 2 sets of 10 on each machine**Resource/Materials:**Weight roomSit & reach | **Mini Lesson:** Dynamic warmup, jog, stretch**Activating Strategies:**Tell partner good luck on test**Lesson:**Intro Fitness gramPractice 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 stationsFree 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 :**ObservationParticipation | **Assessment:**ObservationParticipation | **Assessment:**ObservationParticipation | **Assessment:**ObservationParticipation | **Assessment:**ObservationParticipation |
| **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: