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| **Grade Level**  Personal Fitness | | **Teacher/Room**: Nelson Week 7: May 8 – May 12, 2017 | | | |
| **Unit Vocabulary: Sit & reach, curl up, pushup** | | | | | |
| **Instructional Strategies Used: Demonstration, test** | | | | | |
| **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:**  Why is the fitness test important? | **EQ Question:**  How do you perform a proper push up? | | **EQ Question:**  Is running a mile cardiovascular fitness? | **EQ Question:**  How do you perform a proper curl up? | **EQ Question:**  What are some lifetime fitness activities? |
| **Mini Lesson:**  Dynamic warmup, jog, stretch  **Activating Strategies:**  Sit & reach boxes  **Lesson:**  Run/walk 20 mins on track  Choice of interest activity (basketball, volleyball, walking)  Push up / makeup test  **Resource/Materials:**  Balls  Sit & reach box  Test papers / pencil | **Mini Lesson:**  Dynamic warmup, jog, stretch  **Activating Strategies:**  Tell partner how many proper pushups you can do  **Lesson:**  Weight training  10 minute practice run  **Resource/Materials:**  Balls  Test papers / pencil | | **Mini Lesson:**  Dynamic warmup, jog, stretch  **Activating Strategies:**  Review Vocabulary  **Lesson:10 min run**  Choice of interest activity (basketball, volleyball, walking)  Fitness test Sit and Reach  **Resource/Materials:**  Pacer test  Balls | **Mini Lesson:**  Dynamic warmup, jog, stretch  **Activating Strategies:**  Tell person to the left how many curl ups you can do  **Lesson:**  Weight training  Fitness test height/weight  **Resource/Materials:**  Balls  Test papers / pencil | **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/10 min run practice  **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***  *Participation*  ***Grouping Strategy:***  *Individual* | **Differentiation:**  ***Content/Process/ Product***  *Participation*  ***Grouping Strategy:***  *Ability by 3/4* | **Differentiation:**  ***Content/Process/ Product***  *Participation*  ***Grouping Strategy:***  *Interest grouping*  *10 minute run test* |
| **Assessment :**  Number of pushups  Observation  Participation | **Assessment:**  Observation  Participation | | **Assessment:**  Time on pacer | **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: