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| **Grade Level** Personal Fitness | **Teacher/Room**: Nelson Week 8: May 15 – May 19, 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 trackChoice of interest activity (basketball, volleyball, walking)Push up / makeup test**Resource/Materials:**BallsSit & reach boxTest papers / pencil | **Mini Lesson:** Dynamic warmup, jog, stretch**Activating Strategies:**Tell partner how many proper pushups you can do**Lesson:** **10 minute run test**Weight trainingMakeup tests**Resource/Materials:**BallsTest papers / pencil | **Mini Lesson:** Dynamic warmup, jog, stretch**Activating Strategies:**Review Vocabulary **Lesson:** **Intro 12 min run**Choice of interest activity (basketball, volleyball, walking)Fitness test Sit and Reach**Resource/Materials:** Pacer testBalls | **Mini Lesson:** Dynamic warmup, jog, stretch**Activating Strategies:**Tell person to the left how many curl ups you can do**Lesson:****12 minute run practice**Weight training**Resource/Materials:**BallsTest 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/12 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 pushupsObservation 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: