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| **Grade Level** 9-12 | **Teacher/Room**: Weight Training / Nelson/Field House Week 5: Apr 24 – Apr 28, 2017 |
| **Unit Vocabulary:**  |
| **Instructional Strategies Used:**  |
| **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** |
| **Common Core Standard(s)**:**GPS Standards****1, 2, 3, 4, 5, 6** | **Common Core Standard(s)**:**GPS Standards** **1, 2, 3, 4, 5, 6** | **Common Core Standard(s)**: **GPS Standards** **1, 2, 3, 4, 5, 6** | **Common Core Standard(s)**: **GPS Standards** **1, 2, 3, 4, 5, 6** | **Common Core Standard(s)**: **GPS Standards****1, 2, 3, 4, 5, 6** |
| **EQ Question:**How can you improve on lower body strength and explosiveness? | **EQ Question:**How can you improve the Bench Press and upper body strength? | **EQ Question:**How can you improve explosive movements with technique and continue lower body strength? | **EQ Question:**How can you improve hip explosiveness and power along with upper body strength? | **EQ Question:**Why is it important to maintain and improve flexibility while gaining strength? |
| **Mini Lesson:** Students will Perform a series of Lower Body exercises to improve lower body strength and explosiveness.**Activating Strategies:**Complete a Dynamic Warm-up consisting of Low Hurdles to help increase hip flexibility.**Lesson:** Olympic and Power Lifting**Resource/Materials:**Weight room and weight equipment. | **Mini Lesson:** Students will Perform a series of upper body exercises to improve in upper body strength and core stability.**Activating Strategies:**Complete a Dynamic Warm-up consisting of Speed Ladders to improve in foot quickness.**Lesson:**Olympic and Power Lifting**Resource/Materials:**Weight room and weight equipment. | **Mini Lesson:** Students will Perform a series of Lower Body exercises to improve lower body strength and explosiveness. Building on what was accomplished on Day 1.**Activating Strategies:**Complete a Dynamic Warm-up consisting of Low and High Hurdles to increase hip flexibility**Lesson:**Olympic and Power Lifting**Resource/Materials:**Weight room and weight equipment. | **Mini Lesson:** Students will Perform a series of upper body exercises to improve in upper body strength and core stability.Building on what was accomplished on Day 2.**Activating Strategies:**Complete a Dynamic Warm-up consisting of Speed Ladder Drills to improve foot quickness.**Lesson:**Olympic and Power Lifting**Resource/Materials:**Weight room and weight equipment. | **Mini Lesson:** Active rest day. (Play)Students will be in the regular gym, go through a series of stretches to improve flexibility. This is for recovery.**Activating Strategies:**Complete a warm-up through stretching and running.**Lesson:**Game Day, play.**Resource/Materials:**Gym (open space) |
| **Differentiation:**Students will group based on ability and strength from a Pre-Test.Using Verbal Commands to explain the work-out and give visual demonstration.Modifying the work-out to accommodate students with physical limitations (Dr. Note). | **Differentiation:**Students will group based on ability and strength from a Pre-Test.Using Verbal Commands to explain the work-out and give visual demonstration.Modifying the work-out to accommodate students with physical limitations. (Dr. Note). | **Differentiation:**Students will group based on ability and strength.Using Verbal Commands to explain the work-out and give visual demonstration.Modifying the work-out to accommodate students with physical limitations. (Dr. Note). | **Differentiation:**Students will group based on ability and strength from a Pre-Test.Using Verbal Commands to explain the work-out and give visual demonstration.Modifying the work-out to accommodate students with physical limitations. (Dr. Note). | **Differentiation:**Students will group based on ability and strength from a Pre-Test.Using Verbal Commands to explain the work-out and give visual demonstration.Modifying the work-out to accommodate students with physical limitations. (Dr. Note).  |
| **Assessment :****Full Participation and****Teacher Observations** | **Assessment:****Full Participation and****Teacher Observations** | **Assessment:****Full Participation and****Teacher Observations** | **Assessment:****Full Participation and****Teacher Observations** | **Assessment:****Full Participation and****Teacher Observations** |
| **Homework:** NA | **Homework:** NA | **Homework:** NA | **Homework:**  NA | **Homework:**NA |

Resources and Reflective Notes: