|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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: