

Course Name: JROTC				Objectives:
Teacher: CW3 Len Stanford	Week: 1	Duration: 96 min		Teach cadets the importance of a healthy lifestyle and fitness.
Overview: In Processing and Classroom Orientation				

Materials/Technology/Resou Alabama Course of Study

- _____ Textbook
- _____ Workbook
- _____ Computers
- _____ Internet
- _____ Lab
- _____ Posters
- _____ Speakers
- _____ Video/TV

- _____ Multi-Media
- _____ Kits
- _____ Handouts

Content Standards:
 To increase Cardiovascular Endurance and Muscle Strength. * Fri
 Organizational Activities ie
 Sports/Team building APRT
 follows the principles of precision, progression, and integration. These principles ensure PRT sessions, activities, drills, and exercises correctly, within the appropriate intensity and duration for optimal conditioning and injury control.

CCRS:
 Being physically fit in order to apply/pass entrance test for service academy and or military service career.

Essential Question(s):
 How does physical training help to promote a healthy lifestyle?
 What are the benefits?

Background Preparation:
 Review physical training manual CCR-145-2.

Varied Assessment(s)

- _____ Homework
- _____ Feedback
- _____ Discussion
- _____ Class Work
- _____ Performance
- _____ Test
- _____ Teacher Observation
- _____ Lab

	Monday	Tuesday	Wednesday	Thursday	Friday
Begin	Warm-up: Slow joint rotation exercises (for example: arm circles, knee/ankle rotations, trunk twist, slow jogging) Duration: 10 minutes	See Attachment	See Attachment	See Attachment	Organizational sports/Team building and/or written tests.
Middle	Conditioning: Push ups; Side-Straddle; Partner resistance exercise; Sit-ups; core exercises, planks, 6-inch leg lifts, aerobics, and sprints. Duration: 45 minutes	See Attachment	See Attachment	See Attachment	Organizational sports/Team building and/or written tests.
End	Cool Down: Slow walk, rotational exercises, arm and shoulder rotations; rotations of neck, knee, ankle, and hips. Duration: 15 minutes	See Attachment	See Attachment	See Attachment	Organizational sports/Team building and/or written tests.

Provisions of Individual Differences (Remediation / Accommodation): The teacher will assist each student individually according to the student's IEP. A complete CTIP is on file for each student with special needs. One On One Instruction is provided as needed for clarification and/or remediation.

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*Students are able to obtain Microsoft Office Certification while enrolled in this program.

Codes: R=Reading, W=Writing, C=Communication, SS=Social Studies, M=Math Skills, S=Science, IR=Interpersonal Relations Skills, CL=Computer Literacy Skills, DM=Decision Making, PS=Problem Solving, CT=Critical Thinking, IL=Integration of Leadership, LD=Learning Disorder, ES=Employability Skills, MS-Management Skills, WA=Work Attitudes, TW=Teamwork, L=Listening