

CCHS WEEKLY LESSON PLANNER

Name: Trey Wheeler/Kiki Radford Subject: Intro to Physical Education/Advanced PE Unit: NTI Dates: TBD

CIF Requirements	Day 1	Day 2	Day 3	Thursday	Friday
Standard:	PL-H-LPW-S-5: participate regularly in physical activity	PL-H-LPW-S-5: participate regularly in physical activity	PL-H-LPW-S-5: participate regularly in physical activity	S	
Learning Target (I Will Statement)	I will understand the importance and value regular physical activity has on my body. I will participate daily in physical activity.	I will understand the importance and value regular physical activity has on my body. I will participate daily in physical activity.	I will understand the importance and value regular physical activity has on my body. I will participate daily in physical activity.		
Bell Ringer OR Flashback (5 – 7 Minutes)	All exercises done in place: 1 minute jog 20 jumping jacks 1 minute jog	All exercises done in place: 1 minute jog 20 jumping jacks 1 minute jog	All exercises done in place: 1 minute jog 20 jumping jacks 1 minute jog		
Connection to Past/ Relevance to Life (5 Minutes)	Do a rotation of exercises: 10 pushups 15 situps 10 Burpress *Rotate through 4 times	Do a rotation of exercises: 20 Squat jumps 10 lunges each leg 10 jog in place hurdles *Rotate through 4 times	Do a rotation of exercises: Shuffles for 3 seconds 30 crunches 25 squats *Rotate through 4 times		
Whole Group Mini Lesson (20 Minutes)	Write a ½ page report over why regular physical activity is important	Write a ½ page report over how physical activity impacts your social life	Write a ½ page report over how each exercise done impacts different parts of your body. Why is it important to have balance in a work out?		

Formative Assessment/ Wrap-up	Students will be graded on participation on their written work.	Students will be graded on participation on their written work.	Students will be graded on participation on their written work.		