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| Teacher: Coach Allen Poston | Courses: Wt. Lifting | Block(s): 1,2, 3 | Week of: Dec. 14, 2015 |

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|  | Standards | Goals | As a result of this lesson the student will be able to: | Instructional Strategies | What the teacher will do to ensure the student meets the goals: | Activities | The student will: | Homework & Assessment | Student achievement will be measured by: |
| **Monday** | 1-6 | Complete fitness test for muscular strength: push-ups | | Require students to record test score on individual fitness sheet.  Discuss goal sheet completed at beginning of course.  Review standards for each component of fitness and pretest score | | Dress out and complete the push-up  test.  Sport skill development | | Completion of fitness test  Teacher observation  Dressing out and participation  Record data | |
| **Tuesday** | 1-6 | Complete fitness test for cardiorespiratory fitness-Pacer Test. | | Require students to record test score on individual fitness sheet.  Discuss goal sheet completed at beginning of course.  Review standards for each component of fitness and pretest score | | Dress out and complete the pacer test.  Sport skill development | | Completion of fitness test  Teacher observation  Dressing out and participation  Record data | |
| **Wednesday** | 1-6 | Complete fitness test for flexibility: Sit & Reach  Complete fitness test. | | Require students to record test score on individual fitness sheet.  Discuss goal sheet completed at beginning of course.  Review standards for each component of fitness and pretest score | | Dress out and complete the sit & reach test.  Sport skill development | | Completion of fitness test  Teacher observation  Dressing out and participation  Record data | |
| **Thursday** | 1-6 | Complete fitness test for muscular strength and endurance: Curl-ups | | Require students to record test score on individual fitness sheet.  Discuss goal sheet completed at beginning of course.  Review standards and pretest scores | | Dress out and complete the curl-up test.  Sport skill development | | Completion of fitness test  Teacher observation  Dressing out and participation  Record data | |
| **Friday** | 1-6 | Administer any make-up test or re-test | | Require students to record test score on individual fitness sheet.  Discuss goal sheet completed at beginning of course.  Review standards for each component of fitness and pretest | | Dress out and complete physical fitness test.  Sport skill development | | Completion of fitness test  Teacher observation  Dressing out and participation  Record data | |

\* All plans are subject to change. Student progress will be monitored and adjustments will be made.