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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-uptest.Sport skill development | Completion of fitness testTeacher observationDressing out and participationRecord 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 testTeacher observationDressing out and participationRecord data |
| **Wednesday** | 1-6 | Complete fitness test for flexibility: Sit & ReachComplete 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 testTeacher observationDressing out and participationRecord 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 testTeacher observationDressing out and participationRecord 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 testTeacher observationDressing out and participationRecord data |

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