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| Teacher: Coach Allen Poston | Courses: Wt. Lifting  | Block(s): 1,2, 3 | Week of: 8-31-15 thru 9-4-15 |

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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 and pretest scores | Dress out and complete the push-uptest. | Completion of fitness testTeacher observationDressing out and participation |
| **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. | Completion of fitness testTeacher observationDressing out and participation |
| **Wednesday** | 1-6 | Complete fitness test for flexibility: Sit & Reach | 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. | Completion of fitness testTeacher observationDressing out and participation |
| **Thursday** | 1-6 | Complete fitness test. 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 and pretest scores | Dress out and complete physical fitness test. | Completion of fitness testTeacher observationDressing out and participation |
| **Friday** | 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 for each component of fitness and pretest | Dress out and complete the curl-up test. | Completion of fitness testTeacher observationDressing out and participation |

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