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| Teacher: Coach Allen Poston | Courses: Wt. Lifting and P.E. | Block(s): 1,2, 3 | Week of: 1-9-17  |

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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** | 1-5 |  Administer any make-up fitness 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 |
| **Tuesday** | 1-5 |  Administer any make-up fitness test or re-testExam reviewLocker clean-up | 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 | Classroom review for exam | Student participation |
| **Wednesday** |  | Exams  |  |  |  |
| **Thursday** |  | Exams |  |  |  |
| **Friday** |  | . |  |  |  |

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