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| Teacher: K.A.Stewart  | Course:P.E.-1/Adv.P.E./Wt.Lifting  | Block(s): 1,3,4 | Week of: / Dates: 2018 1-24 |
| Unit Title: Fitness |  |  |
| State Standards: 1-5 |  |  |

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|  | Standards | Goals | As a result of this lesson the student will be able to: | Instructional Plan | Activities (aligned, sequenced, build, time) | Student Work | (Thinking & Problem Solving, Real World)  | Assessment | (aligned, rubrics, >2, written) | Grouping Method | Materials | Accommodations (IEP, 504, ESOL) |
| **Monday** |  |  | 1st Semester exams for 3rd&4th block |  |  |  |  |  |
| **Tuesday** |  |  | Make-up exams for 1st semester |  |  |  |  |  |
| **Wednesday** | 1-5 | Know PE1 course requirements | Go over 4 welcome letters:Ins., profile,medical lab, survey, and syllabus.Folders-due back on Fri.Discuss grading policy. | Complete folder info. w/name and schedule. 4 handouts completed during class take home for parent signatures. | Completion of 4 handouts-home for signatures. | IndividualSm.groupLg.group | PE fitness standardsPencil/penHandoutsLocks w/comboElec.Imp.unitScale | As needed |
| **Thursday** | 1-5 | Recognize 5 health-related components of fitness, methods of assessment and individual standards | Assign Chpt. 4 keywords-pg. 57. Assign lockers.On overhead: go over ind. Fitness criteria/standardsSend to nurse:ht/wt/eyes/BP,if not just do ht./wt. | * Return completed folders
* Fill in handout on ind.stan.
* Pg. 57 keywords
 | Return folder w/4 handoutsComplete individual fitness sheet w/standards14 keywords-pg. 57 | IndividualSm.groupLg.group | PE fitness standardsPencil/penHandoutsLocks w/comboElec.Imp.unitScale | As needed |
| **Friday** | 1-5 | Assess body composition using electric impedance unit | Discuss attainable achievement of personal goalsChpt. 4 overview w/notesDemonstrate the use of bioelectrical impedance unit. | Write personal goals for fitness. Take notes and participate in discussion of Chpt. 4.Calculate body composition | Folders completed (4)Goal sheetsChpt. NotesParticipate in oral discussionRecord body comp. | IndividualSm.groupLg.group | PE fitness standardsPencil/penHandoutsLocks w/comboElec.Imp.unitScale | As needed |

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