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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. | | Individual  Sm.group  Lg.group | PE fitness standards  Pencil/pen  Handouts  Locks w/combo  Elec.Imp.unit  Scale | 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/standards  Send 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 handouts  Complete individual fitness sheet w/standards  14 keywords-pg. 57 | | Individual  Sm.group  Lg.group | PE fitness standards  Pencil/pen  Handouts  Locks w/combo  Elec.Imp.unit  Scale | As needed |
| **Friday** | 1-5 | Assess body composition using electric impedance unit | | Discuss attainable achievement of personal goals  Chpt. 4 overview w/notes  Demonstrate 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 sheets  Chpt. Notes  Participate in oral discussion  Record body comp. | | Individual  Sm.group  Lg.group | PE fitness standards  Pencil/pen  Handouts  Locks w/combo  Elec.Imp.unit  Scale | As needed |

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