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| Teacher: Coach Allen Poston | Courses: Wt. Lifting and Adv. P.E. | Block(s): 1,2, 4 | Week of: 5-25-15 thru 5-29-15 |

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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** |  |  No school |  |  |  |
| **Tuesday** |  | 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 score | Dress out and complete physical fitness test | Completion of fitness testTeacher observationDressing out and participation |
| **Wednesday** | 1-5 | Complete fitness test. Administer any make-up test or re-test.Exam review for seniors | 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 test. | Completion of fitness testTeacher observationDressing out and participation |
| **Thursday** | 1-5 | Complete fitness test. Administer any make-up test or re-test.Senior exams | 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** | 1-5 | Complete fitness test. Administer any make-up test or re-test.Senior exams | 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. | Completion of fitness testTeacher observationDressing out and participation |

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