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| Teacher: Coach Allen Poston | Course: PE & weights  | Block(s): 1, 2, 3 | Week of: Sept. 19th |

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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 | * complete a survey/worksheet regarding health, wellness, or nutrition

OR* Complete an activity of the students choice
 | * explain the assignment and work together as a class to complete

OR* Go over basic skills so students can complete the activities safely and successfully
* oversee all students to ensure safety and proper performance
 | 1. complete the assignment

 OR1. apply the skills in an activity setting
 | * students will be assessed in the completion of the assignment/activity
 |
| **Tuesday** | 1-5 | * complete a workout that relates to a specific component of the FITNESSGRAM assessments
 | * explain the workout and how each exercise is to be performed for student knowledge and safety
* issue workout cards that demonstrates and explains each workout
* oversee all students to ensure safety and proper performance
 | 1. complete the workout
2. participate in an activity of your choice after you complete the workout
 | * students will be assessed in the completion of the workout through teacher observation
 |
| **Wednesday** | 1-5 | * complete a workout that relates to a specific component of the FITNESSGRAM assessments
 | * explain the workout and how each exercise is to be performed for student knowledge and safety
* issue workout cards that demonstrates and explains each workout
* oversee all students to ensure safety and proper performance
 | 1. complete the workout
2. participate in an activity of your choice after you complete the workout
 | * students will be assessed in the completion of the workout through teacher observation
 |
| **Thursday** | 1-5 | * complete a workout that relates to a specific component of the FITNESSGRAM assessments
 | * explain the workout and how each exercise is to be performed for student knowledge and safety
* issue workout cards that demonstrates and explains each workout
* oversee all students to ensure safety and proper performance
 | 1. complete the workout
2. participate in an activity of your choice after you complete the workout
 | * students will be assessed in the completion of the workout through teacher observation
 |
| **Friday** | 1-5 | * complete a workout that relates to a specific component of the FITNESSGRAM assessments
 | * explain the workout and how each exercise is to be performed for student knowledge and safety
* issue workout cards that demonstrates and explains each workout
* oversee all students to ensure safety and proper performance
 | 1. complete the workout
2. participate in an activity of your choice after you complete the workout
 | * students will be assessed in the completion of the workout through teacher observation
* Fitness test 1.5 minute jog
* Written test on comcussions
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\* All plans are subject to change. Student progress will be monitored and adjustments will be made.