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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   OR   1. 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 | |

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