

	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: The student will demonstrate competence in motor skills and movement patterns needed to perform a variety of physical activities. 2: The student will demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performing of physical activities 3: The student will participate regularly in physical activity. 4: The student will achieve and maintain a health-enhancing level of physical fitness 5: The student will exhibit responsible personal and social behavior that respects self and others in physical-activity settings. 6: The student will demonstrate awareness that physical activity provides the opportunity for health, enjoyment, challenge, self-expression, and social interaction.	<ul style="list-style-type: none"> No School 	<ul style="list-style-type: none"> No School 	<ul style="list-style-type: none"> No School 	<ul style="list-style-type: none"> No School 	30% Participation 30 % Dressing Out 40 % Test	

<p style="text-align: center;">Tuesday</p>	<p>1:The student will demonstrate competence in motor skills and movement patterns needed to perform a variety of physical activities. 2: The student will demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performing of physical activities 3: The student will participate regularly in physical activity. 4:The student will achieve and maintain a health-enhancing level of physical fitness 5:The student will exhibit responsible personal and social behavior that respects self and others in physical-activity settings. 6:The student will demonstrate awareness that physical activity provides the opportunity for health, enjoyment, challenge, self-expression, and social interaction.</p>	<ul style="list-style-type: none"> • No School 	<ul style="list-style-type: none"> • No School 	<ul style="list-style-type: none"> • No School 	<p>30% Participation 30 % Dressing Out 40 % Test</p>
<p style="text-align: center;">Wednesday</p>	<p>1:The student will demonstrate competence in motor skills and movement patterns needed to perform a variety of physical activities. 2: The student will demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performing of physical activities 3: The student will participate regularly in physical activity. 4:The student will achieve and maintain a health-enhancing level of physical fitness 5:The student will exhibit responsible personal and social behavior that respects self and others in physical-activity settings. 6:The student will demonstrate awareness that physical activity provides the opportunity for health, enjoyment, challenge, self-expression, and social interaction.</p>	<ul style="list-style-type: none"> • No School 	<ul style="list-style-type: none"> • No School 	<ul style="list-style-type: none"> • No School 	<p>30% Participation 30 % Dressing Out 40 % Test</p>

Thursday	<p>1: The student will demonstrate competence in motor skills and movement patterns needed to perform a variety of physical activities.</p> <p>2: The student will demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performing of physical activities</p> <p>3: The student will participate regularly in physical activity.</p> <p>4: The student will achieve and maintain a health-enhancing level of physical fitness</p> <p>5: The student will exhibit responsible personal and social behavior that respects self and others in physical-activity settings.</p> <p>6: The student will demonstrate awareness that physical activity provides the opportunity for health, enjoyment, challenge, self-expression, and social interaction.</p>	<ul style="list-style-type: none"> • To introduce the proper way to complete the following lifts. • Bench Press • Squat • Hang Clean • How to spot, rack, and use collars 	<ul style="list-style-type: none"> • Teacher lead groups 	<ul style="list-style-type: none"> • Group workouts 	<p>30% Participation 30 % Dressing Out 40 % Test</p>
Friday	<p>1: The student will demonstrate competence in motor skills and movement patterns needed to perform a variety of physical activities.</p> <p>2: The student will demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performing of physical activities</p> <p>3: The student will participate regularly in physical activity.</p> <p>4: The student will achieve and maintain a health-enhancing level of physical fitness</p> <p>5: The student will exhibit responsible personal and social behavior that respects self and others in physical-activity settings.</p> <p>6: The student will demonstrate awareness that physical activity provides the opportunity for health, enjoyment, challenge, self-expression, and social interaction.</p>	<ul style="list-style-type: none"> • To gather students height & weight • Bench max 	<ul style="list-style-type: none"> • Teacher lead groups 	<ul style="list-style-type: none"> • Students gathering data 	<p>30% Participation 30 % Dressing Out 40 % Test 30% Participation 30 % Dressing Out 40 % Test</p>

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