

Teacher: K. Branham

Course: Athletic Weight Lifting

Period(s): 4th block

Week of: 9/14-9/18

	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:	Homew ork & Assess ment Student achievement will be measured by:
Monday	<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 improve overall strength, speed, quickness, and agility Lower Body Power Matrix 	<ul style="list-style-type: none"> Teacher lead groups 	<ul style="list-style-type: none"> 15 minutes of fundamentals Dribbling, shooting, passing 3 man weave and Transition drills Group workouts 	<p>30% Participation</p> <p>30 % Dressing Out</p> <p>40 % Test</p>

Tuesday	<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"> • Upper Body Power Matrix 	<ul style="list-style-type: none"> • Teacher lead groups 	<ul style="list-style-type: none"> • 15 minutes of fundamentals • Dribbling, shooting, passing • 3 man weave and Transition drills • Group workouts 	<p>30% Participation 30 % Dressing Out 40 % Test</p>
Wednesday	<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"> • Speed, agility, plyo, conditioning day 	<ul style="list-style-type: none"> • Teacher lead groups 	<ul style="list-style-type: none"> • 15 minutes of fundamentals • Dribbling, shooting, passing • 3 man weave and Transition drills • Group workouts 	<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"> • Lower Body light weight endurance day 	<ul style="list-style-type: none"> • Teacher lead groups 	<ul style="list-style-type: none"> • 15 minutes of fundamentals • Dribbling, shooting, passing • 3 man weave and Transition drills • Group workouts 	<p>30% Participation</p> <p>30 % Dressing Out</p> <p>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"> • Upper Body light weight endurance day 	<ul style="list-style-type: none"> • Teacher lead groups 	<ul style="list-style-type: none"> • 15 minutes of fundamentals • Dribbling, shooting, passing • 3 man weave and Transition drills • Group workouts 	<p>30% Participation</p> <p>30 % Dressing Out</p> <p>40 % Test</p>

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