

Teacher: K. Branham

Course: Athletic Weight Lifting

Period(s): 4th block

Week of: 9/28-10/2

	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	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.	- To improve overall strength, speed, quickness, and agility - Lower Body Power Matrix	Teacher lead groups	15 minutes of fundamentals - Dribbling, shooting, passing 3 man weave and Transition drills - Group workouts	30% Participation 30 % Dressing Out 40 % Test

Tuesday	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.	• Upper Body Power Matrix	• Teacher lead groups	• 15 minutes of fundamentals • Dribbling, shooting, passing • 3 man weave and Transition drills • Group workouts	30% Participation 30 % Dressing Out 40 % Test
Wednesday	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.	• Speed, agility, plyo, conditioning day	• Teacher lead groups	• 15 minutes of fundamentals • Dribbling, shooting, passing • 3 man weave and Transition drills • Group workouts	30% Participation 30 % Dressing Out 40 % Test

Thursday	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.	• Lower Body light weight endurance day	• Teacher lead groups	• 15 minutes of fundamentals • Dribbling, shooting, passing • 3 man weave and Transition drills • Group workouts	30% Participation 30 % Dressing Out 40 % Test
Friday	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.	• Upper Body light weight endurance day	• Teacher lead groups	• 15 minutes of fundamentals • Dribbling, shooting, passing • 3 man weave and Transition drills • Group workouts	30% Participation 30 % Dressing Out 40 % Test

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