

	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:
<b>Monday</b>	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"> <li>• Basketball Fundamental</li> <li>• Upper Body Power Matrix</li> </ul>	•		•		30% Participation 30 % Dressing Out 40 % Test

<p style="text-align: center;"><b>Tuesday</b></p>	<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"> <li>• Basketball Fundamental</li> <li>• Lower Body Power Matrix</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher Lead Groups</li> <li>• Small Groups</li> </ul>	<ul style="list-style-type: none"> <li>• 15 minutes of fundamentals</li> <li>• Dribbling, shooting, passing</li> <li>• 3 man weave and Transition drills</li> <li>• Group workouts</li> </ul>	<p>30% Participation 30 % Dressing Out 40 % Test</p>
<p style="text-align: center;"><b>Wednesday</b></p>	<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"> <li>• Basketball Fundamental</li> <li>• Upper Body workout for Endurance</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher Lead Groups</li> <li>• Small Groups</li> </ul>	<ul style="list-style-type: none"> <li>• 15 minutes of fundamentals</li> <li>• Dribbling, shooting, passing</li> <li>• 3 man weave and Transition drills</li> <li>• Group workouts</li> </ul>	<p>30% Participation 30 % Dressing Out 40 % Test</p>

<b>Thursday</b>	<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"> <li>• Basketball Fundamental</li> <li>• Lower Body workout for Endurance</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher Lead Groups</li> <li>• Small Groups</li> </ul>	<ul style="list-style-type: none"> <li>• 15 minutes of fundamentals</li> <li>• Dribbling, shooting, passing</li> <li>• 3 man weave and Transition drills</li> <li>• Group workouts</li> </ul>	<p>30% Participation 30 % Dressing Out 40 % Test</p>
<b>Friday</b>	<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"> <li>• Plyometric, speed, agility, endurance day</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher Lead Groups</li> <li>• Small Groups</li> </ul>	<ul style="list-style-type: none"> <li>• 15 minutes of fundamentals</li> <li>• Dribbling, shooting, passing</li> <li>• 3 man weave and Transition drills</li> <li>• Group workouts</li> </ul>	<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.