

LESSON PLANS		WEEK OF: August 23, 2010					
Period	2nd 9:08 - 9:58	10:00 - 10:25, 10:25 - 11:00	10:55 - 11:20, 11:20 - 11:45	5th 11:47 - 12:37	1:05 - 1:30	1:30 - 1:50	7th & 8th
Subject	PE 9	Elementary PE	Elementary PE	School Improvement/Lunch Duty	Elementary PE	Elementary PE	Jr. High PE/Activities
Grade(s)	9th grade	5th/6th PE	3rd/4th PE		K	1st/2nd	7 & 8
Found	Objective	Fitness Testing	Fitness Testing		Demonstrate part of the daily routine and respond to teacher signal	Fitness Testing	8 Fitness Testing
	Activity	Run the mile	Run the mile		Enter gym correctly and find assigned stretching line	Run the mile	Run the mile
	Assignment	participate in class activity to the best of student's ability	participate in class activity to the best of student's ability	participate in class activity to the best of student's ability		participate in class activity to the best of student's ability	participate in class activity to the best of student's ability
End	Objective	Assess Flexibility, Strength, Agility	Assess Flexibility, Strength, Agility		Learn and perform daily stretching routine	Assess Flexibility, Strength, Agility	7 Fitness Testing
	Activity	V-sit, chin-ups, shuttle run	V-sit, chin-ups, shuttle run		Daily stretches and exercises	V-sit, chin-ups, shuttle run	Run the mile
	Assignment	participate in class activity to the best of student's ability	participate in class activity to the best of student's ability	participate in class activity to the best of student's ability		participate in class activity to the best of student's ability	participate in class activity to the best of student's ability
Lines	Objective	Advanced Barbell Complex/Football Unit Begins	Assess Flexibility, Strength, Agility		Learn and perform daily stretching routine	Assess Flexibility, Strength, Agility	8 Assess Flexibility, Strength, Agility
	Activity	3 Step Drop, Throw to moving target, Pass Routes	V-sit, chin-ups, shuttle run		Daily stretches and exercises	V-sit, chin-ups, shuttle run	V-sit, chin-ups, shuttle run, vertical jump
	Assignment	participate in class activity to the best of student's ability	participate in class activity to the best of student's ability	participate in class activity to the best of student's ability		participate in class activity to the best of student's ability	participate in class activity to the best of student's ability
Curses	Objective	Tabata/Football	Sprial and intro long snap		Respond appropriately to teacher signal	Review Sprial and intro long snap	7 Assess Flexibility, Strength, Agility
	Activity	Group of 3, Center ball 10 x then switch, then, center ball, run a pass route	partners: long snap then combo drills		Red Light Green Light and Stop and Go	partners: long snap then combo drills	V-sit, chin-ups, shuttle run, vertical jump
	Assignment	participate in class activity to the best of student's ability	participate in class activity to the best of student's ability	participate in class activity to the best of student's ability		participate in class activity to the best of student's ability	participate in class activity to the best of student's ability
Rides	Objective	Combo Drills	Punting & Kicking		Respond appropriately to teacher signal	Punting & Kicking	8 Intro To Weight Room
	Activity	Group of 3, Center ball 10 x then switch, then, center ball, run a pass route	partners: then combo drills		Red Light Green Light and Stop and Go	partners: then combo drills	Advanced Barbell Complex
	Assignment	participate in class activity to the best of student's ability	participate in class activity to the best of student's ability	participate in class activity to the best of student's ability		participate in class activity to the best of student's ability	participate in class activity to the best of student's ability