

LESSON PLANS		WEEK OF:		August 30, 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		K	1st/2nd	7 & 8	
ond	NE SS#						Graphic Org. Health Goal	
	Objectiv	Apply throwing and catching skills in a game	Spin Wheel of Fitness/Throw a football to a moving target accurately	Spin Wheel of Fitness/Throw a football to a moving target accurately		Spin Wheel of Fitness/Throw a football to a moving target accurately	Spin Wheel of Fitness/Throw a football to a moving target accurately	7, 20 min exercise, 20 Health Lesson Cha 1
	Activity	3 Pass.....4 teams of 5.....5 different passers/catchers...looking for consecutive passes	groups of 3 or 4 1 QB, the others run pass routes: in, out, slant, chair	groups of 3 or 4 1 QB, the others run pass routes: in, out, slant, chair		groups of 3 or 4 1 QB, the others run pass routes: in, out, slant, chair	groups of 3 or 4 1 QB, the others run pass routes: in, out, slant, chair	Health Goals Foldable
	Assign	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	Health Goal Foldable Due Wed.
esd	NE SS#		Graphic Org. 5 Components	Graphic Org. 5 Components			Graphic Org. 5 Components	Graphic Org. Health Goal
	Objectiv	Improve Muscular Strenght and Enduarance	Wheel Of Fitness	Wheel Of Fitness		Explain what self & general space are space is and demonstrate appropriate movements in self space and general space	Wheel Of Fitness	8, 20 min exercise, 20 Health Lesson Cha 1
	Activity	Weight Training Activities	Focus on One of the 5 Components of Fites	Focus on One of the 5 Components of Fites		Explore general/self-space with locomotor and nonlocomotor movements	Focus on One of the 5 Components of Fites	Health Goals Foldable
	Assign	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		Complete class activity	participate in class activity to the best of student's ability	Health Goal Foldable Due Wed.
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	Objectiv	Group #2 Combine passing, centering, and punting skills and perform various drills	Apply throwing and catching skills in a game	Apply throwing and catching skills in a game		Practice moving in self and general space	Apply throwing and catching skills in a game	7th, 20 min exercise, 20 minutes unit activity
	Activity	Group of 3 or 4, center, punt, pass x 10	3 Pass.....4 teams of 5.....5 different passers/catchers...looking for consecutive passes	3 Pass.....4 teams of 5.....5 different passers/catchers...looking for consecutive passes		City Streets, Switching Sides, Red Light/Green Light	3 Pass.....4 teams of 5.....5 different passers/catchers...looking for consecutive passes	Begin Flagfootball unit, throwing a spiral
	Assign	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		Complete class activity	participate in class activity to the best of student's ability	participate in class activity to the best of student's ability
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	Objectiv	Improve Muscular Strenght and Enduarance	Combine passing, centering, and punting skills and perform various drills	Combine passing, centering, and punting skills and perform various drills		Travel over, under, and around obstacles in General Space.	Combine passing, centering, and punting skills and perform various drills	8th (20/20) Throw a football to a moving target accurately
	Activity	Weight Training Activities	Group of 3 or 4, center, punt, pass x 10	Group of 3 or 4, center, punt, pass x 10		Obstacle Course	Group of 3 or 4, center, punt, pass x 10	groups of 3 or 4 1 QB, the others run pass routes: in, out, slant, chair
	Assign	participate in class activity to the best of student's ability	Complete class activity	Complete class activity		participate in class activity to the best of student's ability	Complete class activity	participate in class activity to the best of student's ability
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	Objectiv	Work together in small groups for in a competitive game	Kick a football from a kicking tee correctly	Kick a football from a kicking tee correctly		Travel over, under, and around obstacles in General Space.	Kick a football from a kicking tee correctly	7th (20/20) Throw a football to a moving target accurately
	Activity	Flag Football	groups of 5.....kick, catch, run in.....can also add a snap before the kick	groups of 5.....kick, catch, run in.....can also add a snap before the kick		Obstacle Course	groups of 5.....kick, catch, run in.....can also add a snap before the kick	groups of 3 or 4 1 QB, the others run pass routes: in, out, slant, chair
	Assign	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	participate in class activity to the best of student's ability