

LESSON PLANS		WEEK OF:		May 5, 2008				
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	7th	8th	
Subject	PE 9	Elementary PE	Elementary PE	Health	Elementary PE	Jr. High PE	Jr. High Activities	
Grade(s)	9th grade	5th/6th PE		10	K & 1	7 & 8	7 & 8	
NE SS#								
Monday	Objective	Improve 5 components of fitness	president's/track/softball	president's/track/softball	Continue Reviewing CHA 5	president's/track/softball	president's/softball	meet @ Homer @ 4:00
	Activity	weights/run/walk	complete tests/track skills/softball skills	complete tests/track skills/softball skills	Jeopardy	complete tests/track skills/softball skills	complete tests/softball skills	
	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	
NE SS#								
Tuesday	Objective	Improve 5 components of fitness	president's/track/softball	president's/track/softball	Assess learning of CHA 5	president's/track/softball	president's/softball	Weight Room/Exercise
	Activity	weights/run/walk	complete tests/track skills/softball skills	complete tests/track skills/softball skills	Test	complete tests/track skills/softball skills	complete tests/softball skills	Complete assigned lifts and exercise
	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	participate in class activity to the best of student's ability
NE SS#								
Wednesday	Objective	Improve 5 components of fitness	president's/track/softball	president's/track/softball	Prepare podcast about benefits of Physical Activity and Good Nutrition	president's/track/softball	president's/softball	Weight Room/Exercise
	Activity	weights/run/walk	complete tests/track skills/softball skills	complete tests/track skills/softball skills	start planning podcast	complete tests/track skills/softball skills	complete tests/softball skills	Complete assigned lifts and exercise
	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	make an brainstorm, outline, rough draft	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
NE SS#								
Thursday	Objective	leisure/horse shoes/Frisbee golf	president's/track/softball	president's/track/softball	Podcast	president's/track/softball	president's/softball	Weight Room/Exercise
	Activity		complete tests/track skills/softball skills	complete tests/track skills/softball skills	continue planning	complete tests/track skills/softball skills	complete tests/softball skills	Complete assigned lifts and exercise
	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 rough draft	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
NE SS#								
Friday	Objective	leisure/horse shoes/Frisbee golf	president's/track/softball	president's/track/softball	Start recording podcasts	president's/track/softball	president's/softball	Track Uniforms Due....please bring clean uniforms
	Activity		complete tests/track skills/softball skills	complete tests/track skills/softball skills	meet in lab with project ready to record	complete tests/track skills/softball skills	complete tests/softball skills	Complete assigned lifts and exercise
	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	record podcast	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