Friday Lesson Plan

Essential Standards:

9.MS.1: Apply competent motor skills and movement patterns needed to perform a variety of physical activities

9.MC.2: Understands concepts, principles, strategies and tactics that apply to the learning and performance of movement

9.MS.2 Evaluate competent motor skills and movement patterns needed to perform a variety of physical activities

H.PR.4.1 Use behavioral strategies that are responsible and enhance respect of self and others and value activity

9.HF.3 Understand the importance of achieving and maintaining a health-enhancing level of physical fitness

**9.**MS.1.2: Apply fundamental motor skills and complex skills needed to participate successfully in at least three lifetime activities.

9.MS.1.4: Create movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music.

- for students, who would prefer to do aerobics rather than team games

9.MC.2.1: Create plans for establishing and maintaining lifelong health enhancing behaviors based on concepts of health, fitness, and nutrition

9.PR.4.1: Implement leadership skills to promote responsibility in self and others

Objectives:

I will lead and participate in a cardiovascular and muscular workout

I will perform in team games understanding the rules and strategies of the game

Essential Statement: I understand and can perform the basic skills and strategies of group fitness and team sports

Vocabulary: group fitness, yoga, boot camp (athletic conditioning), kickboxing, step aerobics, floor aerobics, zumba/cardio funk, step aerobics, team sports

Equipment/Resources Needed: weights, mats, music, steps, various equipment for athletic conditioning such as cones, jump ropes, gliders etc., daily self-assessment, equipment for specific team sport

**AGENDA for Large Class**

Warm-up: 10 min

* Report to squad for attendance
* Review expectations for day
* Student led dynamic warm up
  + Options:
    - Dynamic exercises up and down court
    - Knock out
    - 3 on 3 3pt shooting game
  + Note: this is a time for comradely, fellowship, collaboration, healthy communication with eachother

Activating Strategy: 35 min

* Cardio and Weight Workout
  + Option: half class play basketball, then rotate

Facilitated learning: 30 minutes

* Team Games

Closure/Summary:

* Static Stretching
* Student Self-assessment

Exit Ticket/ Learn Check:

* Daily self-assessment

Homework: Bring and dress in PE uniform daily

Resources: SPARK, PEAK, PE Central

**AGENDA for Small Class**

Warm-up: 10 min

* Pump up App Warm up for weights

Weight Workout: 30 min

* Pump up App individualized workout

Cardiovascular Workout: 40 min

* Student Created individualized workout
  + Basketball Drills
  + Aerobics

Closure/Summary:

* Daily Self-assessment