Week-At-A-Glance January 18-22 **WEEK 3 Coach Stewart- Body Sculpting**

Goal: Introduce heartrate monitors, evaluate types of healthy smoothies, and develop short and long term goals

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| MLK | **Essential Question:** How can we use our pretest scores to set our end of semester goals? | **Essential Question:** What are some examples of short and long term goals? | **Essential Question:** How can we use our pretest scores to set our end of semester goals? | **Essential Question:** How can we use our pretest scores to set our end of semester goals? |
|  | Standard 3: Participates regularly in physical activity. 3.1 & 3.3 | Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. | Standard 3: Participates regularly in physical activity. 3.1 & 3.3 | Standard 3: Participates regularly in physical activity. 3.1 & 3.3 |
|  | **Objectives**: Students will work on their muscular endurance while participating in the circuit. | **Objectives**: student will learn about the health related components and why they are important. | **Objectives**: Students will work on their muscular endurance while participating in the circuit. | **Objectives**: Students will work on their muscular endurance while participating in the circuit. |
|  | **Activities:**  Dynamic Warm up  Strength training w/machines  P90X Abs/stretch | **Activities:**  Research nutrition fads/trends  Create healthy smoothies and compare/contrast  List nutritional content | **Activities:**  Dynamic Warm-Up  Strength training w/machines  Ashtanga Yoga | **Activities:**  Dynamic Warm up  Introduction to the HR monitors  Go over user info. and set watches to 60%  20 min in zone |
|  | **Assessment:**  Participation in activities and must be in zone for 15 min. | **Assessment:** venn diagram | **Assessment:**  Participation in activities and making the pacing marks on the jog/walk | **Assessment:**  Participation in activities and must be in zone for 15 min. |
|  | **Differentiation: :** Adjust activity level to fitness levels. Adjust weight were needed. | **Differentiation:** Audio and Visual: PP and Video, Graphs of Physical Inactivity | **Differentiation: :** Adjust activity level to fitness levels | **Differentiation: :** Adjust activity level to fitness levels. Adjust weight were needed. |