Week-At-A-Glance January 25-29 **WEEK 5 Coach Stewart- Body Sculpting**

Goal: Cont. with circuit work, and develop good self-esteem habits

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Essential Question:** How does an indoor circuit differ from a machine circuit? | **Essential Question:**  What are the health related components that are involved in a circuit | **Essential Question:** What are some examples of developing good self-esteem? | **Essential Question:** How can we use our pretest scores to set our end of semester goals? | **Essential Question:** How do free weights and machine weights differ and how are they the same? |
| Standard 3: Participates regularly in physical activity. 3.1 & 3.3 | 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:** | **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 palates. | **Objectives**: Students will participate in a total body workout using a deck of cards |
| **Activities:**  Dynamic Warm  Progressive Indoor Circuit  Machines only with teacher selected partner | **Activities:**  Dynamic Warm up  PNF Stretching  Indoor circuit with cards  Free Weights with partner- Free weight log | **Activities:**  Self-Esteem/different families (blended, nuclear, etc..) discussion  Start the Blind Side with Questions/Article | **Activities:**  Dynamic Warm-Up  T25 with video  Walk on the track at a 3:00 pace per lap | **Activities:**  Dynamic warm up  Cards- based on the card a different exercise and the amount will differ |
| **Assessment:**  Participation in activities, technique on machines and exercises | **Assessment:**  Free Weight Log | **Assessment:** Blind Side Questions | **Assessment:**  Participation in activities and making the pacing marks on the jog/walk | **Assessment**  Participation in activity, proper technique |
| **Differentiation:** Teacher choice on partner machines only | **Differentiation: :** Adjust activity level to fitness levels. Adjust weight were needed. Cards will be at different levels | **Differentiation:** Audio and Visual: Group discussion | **Differentiation: :** Adjust activity level to fitness levels | **Differentiation:** Adjust workout out to physical fitness level |